

OTTAWA

metro®

NEWS
WORTH
SHARING.

CAPTAIN CANUCK POLITELY TO THE RESCUE!

'APOLOGETIC' SUPERHERO
REINVENTED FROM '70S
COMIC BOOKS TO WEB
SERIES **PAGES 22 & 23**

Bureaucrats to get down to their gitch

Burlesque performance to poke fun at
Ottawa's rep for having stuffy
office culture **PAGE 8**

Spring forward this weekend

Daylight saving time begins, so
don't forget to set your clocks
ahead one hour on Saturday night

BIEBER FREE

LIVE 88.5fm



GRAPPLING WITH MISOGYNY

University of Ottawa chancellor and former governor general Michaëlle Jean and University of Ottawa president Allan Rock hold a press conference on Thursday to announce the establishment of a task force to look at how to combat sexist behaviour and violence against women. The announcement comes in the wake of a scandal involving a vulgar internet chat by students and a sex assault probe of the school's men's hockey team. For more on the story, see page 4. SEAN KILPATRICK/THE CANADIAN PRESS

RCMP investigates ex-Harper aide

Probe. Former senior
PMO adviser Bruce
Carson accused of
illegal lobbying

Reminder

No charges have been laid
and the RCMP's claims have
not been tested in court.

The RCMP is probing serious new allegations of illegal lobbying by a former senior adviser to Prime Minister Stephen Harper in connection with his work for a powerful business-funded energy advocacy group in Calgary.

The RCMP alleges after Bruce Carson left the PMO he steadily worked federal Conservative contacts at the topmost levels to influence the development of a new national energy strategy and got handsomely paid for it, contrary to the criminal code and lobbying laws that ban lobbying within five years of a holding a public office.

The revelations raise fresh and troubling questions about the access that Carson, a once disbarred lawyer, had to top officials in the Conservative government

without anyone suggesting it might breach the Conservatives' own rules.

"None of them blew the whistle," said NDP ethic critic Charlie Angus. But Harper's parliamentary secretary shrugged off Opposition questions in the Commons Wednesday; first saying Carson is "a private citizen," then claiming the government did defer his activities to federal authorities.

"If this gentleman is found to have broken any laws, he should suffer under the full consequences of the law," said MP Paul Calandra.

In fact, documents show the federal lobbying commissioner initiated in November 2011 her own probe of Carson's questionable lobbying activities for the Canada School of Energy

and Environment as well as a business-funded group calling itself the Energy Policy Institute of Canada or EPIC. Karen Shephard finally referred the allegations to the RCMP in July 2012.

The story is laid out in affidavits to obtain court permission to seize Carson's bank records, however no charges have been laid and the RCMP's claims have not been tested in court.

The allegations are entirely separate from another of influence peddling case against Carson.

Carson was charged in 2012 with fraud in connection to allegations he also tried to use his political connections to win federal contracts for water filtration services on native reserves.

That fraud trial was delayed in July due to defence claims Carson is in poor health.

Torstar News Service was unable to reach Carson's lawyer Pat McCann for comment.

TORSTAR NEWS SERVICE

LAST CHANCE TO BOOK!
All Included 7 night Caribbean Cruise
with NON STOP FLIGHTS FROM OTTAWA!
Saturday Departures March 15, 22, 29, 2014*



Expedia®
cruiseshipcenters®

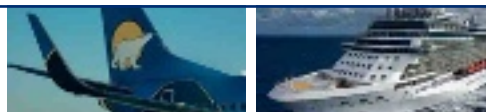
OTTAWA
5929 Jeanne-D'Arc Blvd. • (613) 824 9666

OTTAWA SOUTH
1500 Bank St. • (613) 523 9666

OTTAWA WEST
1581 Greenbank St. • (613) 825 9015

OTTAWA NEPEAN
460 W. Hunt Club Rd. • (613) 266 9666

KANATA
501 Hazeldean Rd. • (613) 831 9100



Celebrity X Cruises®

Veranda staterooms starting from \$1,649* per person

*Some activities/restaurants may require an additional fee. Offer is valid for departures between March 1 to 29, 2014 on the Celebrity Reflection®. Classic beverage package for two applies to two guests (21 years and older) per stateroom and includes beers up to \$6 per serving; spirits, cocktails and wine up to \$8 per serving; all soda selections, fresh squeezed and bottled juices, premium coffees and teas and non premium bottled water. Server gratuities are included (amount based on gratuity guidelines). Gratuities applies to two guests per stateroom and provides for prepaid stateroom, waiter, assistant waiter and head waiter gratuities (amounts based on gratuity guidelines). Max. total baggage allowance of 25 kilos (55 lbs.) per person. Additional charges may apply in excess of 25 kilos. Price is in CDN. dollars per person based on double occupancy for new individual bookings, subject to availability and change at time of booking and is inclusive of all taxes. Price is for departures March 15, 22, 29 on the Celebrity Reflection® in a 2D veranda stateroom category. Other categories/occupancy types are available at varying prices. This program is not combinable with any other offers. Certain restrictions apply. Celebrity Cruises reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice. © 2014 Celebrity Cruises, Inc. Ship's Registry: Malta and Ecuador. All Rights Reserved.



Dual Terrace Home model, Quarry Glen

Move in fast and take the summer slow

**QUICK OCCUPANCY HOMES FOR
FIRST-TIME BUYERS FROM \$189,900***

* Subject to change without notice. E & OE



Looking for your first new home? There's never been a better time to buy from Minto. Choose from a range of models in fine communities across Ottawa. Close to all the amenities, including parks, schools and shopping, each quick-occupancy home includes free upgrades plus a generous Design Centre bonus. Best of all, you'll move in this summer!

ottawahomes.minto.com

**ARCADIA +
KLONDIKE CROSSING**
SALES CENTRE
360 Huntmar Drive, Kanata
613.788.2770

CHAPMAN MILLS
SALES CENTRE
102 Southam Way, Nepean
613.823.1900

AVALON
SALES CENTRE
204 Monaco Place, Orléans
613.834.6400

QUARRY GLEN
SALES CENTRE
277A Titanium Private, Orléans
613.696.3328



106.9 The Bear

There goes the last (three) DJ(s)

A little more than a month after taking over 106.9 The Bear radio station, Corus Entertainment has announced it's changing the formerly hard rock station's format and laying off three of its DJs.

Mark Dickie, CKQB's general manager, said Corus had done market research and decided a new format could help it become a "top station" in the market. He wouldn't say what the new format would be, but said it would be announced at the end of March. Until then the station will be playing just music and commercials. Out of work are Scott Lear, Jon "Gonzo" Mark and Jay Herrington. **METRO**

Manuel Clavette

Construction fraud charges laid

Ottawa police have charged a Gatineau man with five counts of fraud for unfinished construction contracts.

Police say he took money from four clients without finishing work he was hired to do. Other victims include a sub-contractor for the man who they allege was never paid.

Police say the man has defrauded more than \$44,000 in total since 2010.

Manuel Clavette, 28, faces three counts of fraud under \$5,000 and two counts of fraud over.

Police say there may be other victims. If you have information about the case call Det. Isabelle Cyr-Pidcock at 613-236-1222, ext. 3335 or Crime Stoppers at 613-233-8477 or 1-800-222-8477. **TANYA KIRNISHNI/METRO**

Ottawa health confirms measles case

Ottawa Public Health has confirmed a child has the first case of measles in the city since 2011.

According to Ottawa Public Health spokesperson Eric Leclair, an unimmunized child at St. Stephen Catholic School in Stittsville who recently travelled to the Philippines contracted the disease.

The city's public health agency is now tracing whatever contact the student may have had with other people.

"We are contacting people



A child with measles is seen in the U.S. THE CANADIAN PRESS

who were at the clinic at the same time, people that were

at CHEO at the same time and then all of the people at school who were potentially exposed," he told Metro Thursday morning.

Because the diseases has been eradicated from Canada, he said many people feel it's unnecessary to get vaccinated, but in Quebec a 2011 outbreak infected more than 750 people. There's a 90 per cent contagion rate for those not vaccinated who come in contact with the virus.

Ottawa Public Health is warning residents to keep an eye out for symptoms such as fever, cough or tiny white dots in the mouth. But don't run to the hospital immediately; call your doctor first before potentially spreading the disease.

Measles can lead to ear infections, pneumonia, swelling of the brain and in severe cases, death. Leclair said about 2-3 in every 1,000 people who contract measles will die.

TREVOR GREENWAY/METRO

Carleton teaching staff could strike on Monday

University. TAs, contract instructors want higher pay, job protections



LUCY SCHOLEY
lucy.scholey@metronews.ca

Teaching staff at Carleton University could walk out on the job starting Monday.

Two units of the union — one representing the university's contract instructors (CIs) and the other teaching assistants (TAs) — could start picketing next week if the

university does not meet their demands for better pay and health benefits.

The union representing them is asking for pay that reflects rising tuition fees, protection against technological change and an easier hiring process.

The second unit representing CIs, who lecture classes, is asking for health and dental benefits and protections around academic freedom.

James Meades, president of the Canadian Union of Public Employees (CUPE) Local 4600, said university instructors are increasingly being told to do more with less, which can negatively affect students.

"Our working conditions are really the learning conditions of students here," he said.

In an email to Metro News, Don Cumming, director of the university's communications department, said there's "zero connection" between collective bargaining and tuition rates.

"The province regulates all



Teaching assistants at Carleton University could go on strike as early as Monday if a deal isn't reached. **JOE LOFARO/METRO**

tuition fees including graduate fees," he said, noting that the university is "hopeful" the parties can reach an agreement.

In the event of a strike, the university will still remain open, with all classes and activities continuing as normal.

BYTEK VW HAS MADE A SPECIAL PURCHASE OF 2014 PASSATS!!

5 TO CHOOSE FROM!

Once in a
Blue Moon

\$3,750

**CASH
REBATE**

**Event ONLY AT
BYTEK VW**



ONLY FOR
2014 TRENDLINE PASSAT 2.5

TOLL FREE NUMBER
1-888-231-9753



HONOUR
ROLL
A+
ACCREDITED
BUSINESS

SERVICEPLUS
PROGRAM

UP TO
\$2,500 VALUE

COMPLIMENTARY
PERSONALIZED
MAINTENANCE
BOOKLET

QUEENSWAY
bytekvw.com
AND ST LAURENT 1325 St. Laurent Blvd. Ottawa



Time sensitive. School's initiative not enough: Student representative

A student who sits on the board of governors at the University of Ottawa said a new task force does not go far enough to address sexism on campus.

Anaïs Elboujdaini is spearheading the Independent Initiative Against Rape Culture, which proposes eight measures the University of Ottawa should take to address "rape culture."

The list includes mandatory training regarding sexual harassment for everyone in the university community and creating a women's help centre on campus.

"I needed to speak out, as a student, as a woman," said Elboujdaini, who is completing her masters degree in political science. "I have concerns, not only for the reputation of the university, which is important, but I'm really concerned that women could be harassed

and that not be taken seriously."

University of Ottawa president Allan Rock and chancellor Michaëlle Jean announced a new task force on Thursday that's aimed at addressing sexism on campus.

Rock said he's expecting to hear back from the task force by the fall, but Elboujdaini said that's not soon enough.

"We want something for frosh week," she said. "We want something fast and we're concerned that it will take a long time to implement simple things."

Elboujdaini said she's asking people to sign in favour of her recommendations at uofo-lets-talk-about-it.org. She's planning on bringing the petition to a board of governors' meeting in April.

LUCY SCHOLEY/METRO



Anaïs Elboujdaini, a student governor at the University of Ottawa, middle, stands with Pierre St-Jacques, communications co-ordinator for the Union of Student Workers at the University of Ottawa, and union president Isabelle Héту. CONTRIBUTED

U of O strikes task force to investigate sexism

Frank discussion. Appalling events can be a catalyst for change: Rock



LUCY SCHOLEY
lucy.scholey@metronews.ca

The president of the University of Ottawa says the school will appoint a task force to look at ways of fighting sexist behaviour and violence against women.

Allan Rock spoke out publicly on Thursday for the first time since two troubling incidents shook the campus.

The university's men's hockey team was suspended Monday amid a police investigation of an alleged sexual assault in Thunder Bay, Ont.

Four student leaders also resigned on the weekend after a private explicit Facebook chat about a female student union leader was made public.

"As appalling as these events and allegations have been, they have also been a catalyst for frank discussion about attitudes and behaviour," said Rock, in a prepared statement.

Rock said the university has struck a task force that will look at how to offer sensitivity training and find ways to reaffirm a culture of respect.

He says it will also study practices which have been successful on other campuses and in other jurisdictions.

The university's chancellor, Michaëlle Jean, said these incidents speak to a bigger societal problem.

"What we were just brutally reminded of this week is the



University of Ottawa president Allan Rock addresses reporters following what he called two recent "appalling" incidents that have shaken the university. LUCY SCHOLEY/METRO

pervasiveness of misogyny, of women-hating, of words and attitudes that contribute to gender and sexual violence and I'd like to say that such incidents are the tip of a systemic iceberg," she said. "They are part of a continuum of violence in our society and in our world. A continuum of violence that extends from locker room talk — where abuse may be spoken in jest — to actual physical violation."

Rock has been criticized for waiting this long to speak out. He said they were planning a

Friday press conference, but Thunder Bay police had asked them to hold off.

"Is someone going to suggest that in the 10 days since Monday, the 24th of February, we have been idle?" He said. "I can tell you that we haven't. I have been leading an internal effort that's involved dozens of people in various departments."

"We have not been asleep at the switch," he said.

Thunder Bay police declined interviews.

WITH FILES FROM THE CANADIAN PRESS

Task force

The task force that will look at how to offer sensitivity training and find ways to reaffirm a culture of respect.

- It will also study practices which have been successful on other campuses and in other jurisdictions.

CLEAR VISION IS PRICELESS.

But it doesn't have to be costly.

LASIK MD
VISION

Laser vision correction starting at

\$490 /eye*



Official Laser Vision
Correction Provider of
the Ottawa Senators®

Lowest
Price
Guarantee[†]

Book a free consultation at 1-877-769-3030 or lasikmd.com



*Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply. †Conditions apply, see lasikmd.com/bp. ©Registered trademark of Capital Sports & Entertainment Inc. ©OTTAWA SENATORS is a registered trademark of Capital Sports & Entertainment Inc.

Gala. Immigrant Women Services celebrates 25 years in the community

Immigrant Women Services Ottawa (IWSO) celebrated its silver jubilee Thursday night on International Women's Day.

The 25th annual IWSO Roses and Candles Gala at the Hellenic Banquet Centre put the spotlight on individuals and organizations who have worked to eliminate violence towards women and help promote diversity in their communities.

IWSO was created in 1988 to help immigrant women and children by providing services like education, public outreach, counselling and crisis support.

"We identified a gap in Ottawa's services — women were coming for immigrant services but there were those who were victims of violence and didn't know where to turn," said Lucia Spencer, executive director of IWSO.

"The theme of this gala

Quoted

"I think what is important is to come out and celebrate with the community."

IWSO executive director Lucia Spencer

is "The Way Forward," said Spencer.

Dr. Holly Johnson, professor at the University of Ottawa, was one of the individuals celebrated at the Gala for her research into violence against women. The Victim Crisis Unit of the Ottawa Police Service also received an award for their work with victims of violence.

"I think what is important is to come out and celebrate with the community because even though we have provided 25 years of service, we couldn't have done it alone," says Spencer.

TANYA KIRNISHNI/FOR METRO

Bail hearing Friday

Ottawa man faces sex assault, child luring charges

Police have charged a 42-year-old man with sexual assault and child luring.

Paul Michael Galea of Ottawa was charged

Wednesday following a child luring investigation. He has been charged with making contact with a person under the age of 18 for a sexual purpose as well as sexual assault. He will appear in court Friday.

Police are urging anyone with info to contact 613-236-1222, ext. 5660, or Crime Stoppers at 613-233-TIPS. **TREVOR GREENWAY/METRO**

'If I didn't ask for help, I wouldn't be here today'

Playing With Fire.

Former hockey superstar Theoren Fleury delivers a message of survival and support to students at Algonquin College



TREVOR GREENWAY
trevor.greenway@metronews.ca

Ten years ago, Theoren Fleury shoved a pistol into his mouth, ready to pull the trigger.

These days, the former NHL superstar spends his time touring the country talking to kids and parents about how to cope with mental health issues. Something saved him.

"I should not be here today," Fleury told a group of students at Algonquin College during his talk, titled *Playing With Fire*, the same as his bestselling autobiography. "The people I hung out with, the choices I made — I should not be here today."

Fleury took the students on a dark journey through his troubled life: growing up with a family trapped in the throes of substance abuse, his dream of playing hockey in the NHL and the horrible experiences he endured at the hands of his junior hockey coach Graham James, who



Theoren Fleury speaks to students at Algonquin College about mental health Thursday. **TREVOR GREENWAY/METRO**

moledsted him more than 150 times.

Fleury said he felt ashamed and couldn't deal with his troubled past. He eventually turned to booze and drugs, sinking his hockey career, his relationship with his family and nearly his life.

"Once you cross that line, it's a very long road back," he said.

But Fleury never gave up,

quickly realizing he couldn't recover alone. He said he didn't know how to "live on life's terms," so he reached out for help and that's when his life took a positive twist.

Fleury said he hasn't had a drink or consumed drugs since 2005 and started writing his book the following year. He said he had no idea the impact his story could have on other people, but when hundreds of thousands of people reached out to him

and said "me too," he knew was on to something.

He calls child abuse the "biggest epidemic on the planet," and now talks to students and parents about just that — talking.

"This stigma around asking for help doesn't mean you are weak," said Fleury. "I am the toughest son of a bitch on the planet, but I can talk about my feelings. If I didn't ask for help, I wouldn't be here today."

Fleurs & Pépinière
j.a. Laporte
Flowers & Nursery

**J.A. Laporte Flowers & Nursery
IS LOOKING FOR HARDWORKING
INDIVIDUALS FOR FULL AND PART-TIME
EMPLOYMENT FOR SPRING 2014.**

Positions include labourers, people to water, delivery personnel and cashiers. Applicants must be available to work some evenings and weekends throughout the months of April, May and June.

An employment seminar will be held on **Saturday, March 8, 2014** at 1211 Old Montreal Rd., in Orléans, between the hours of 9:00am to 2:00pm. No experience necessary.

**1211 Old Montreal Rd, Orléans
613-833-2316 • laportegardens.com**



THE HOUR OF PRAYER

Join us for a
special hour of prayer on:

**Sunday, March 16
9:00AM to 1:00PM**

Greenboro Community Centre
Meeting Rooms A & B
363 Lorry Greenberg Dr.
Ottawa - Hunt Club (East)

613-614-2228
www.deeperlife.ca
1-888-710-1517

FREE Admission • FREE Parking

Église Biblique de la vie profonde, Ottawa
Deeper Life Bible Church, Ottawa

Prevailing
through
prayer

Sunday
MARCH
16
2014

Marching
on to
higher
ground

Hurry In - Valid March 7, 8, 9 ONLY!

SAVE \$25 ON ANY HANDSET!

Get the perfect phone at the perfect price



Samsung GALAXY Ace IIe



Samsung GALAXY Note 3



Samsung T159V



mobicity.ca

Limited time offer, while quantities last, and available to new activations only. Save \$25 on the purchase of any new handset with new activation. Taxes are extra. Restrictions may apply on combining offers with other offers or promotions. All unlimited features included in each plan/add-on, including unlimited talk, text and data features, must originate and be used within the Mobicity Unlimited Zones. Premium and special numbers are excluded. Additional terms and conditions apply. Subject to change without notice. ©2014 Mobicity. 'Mobicity', 'Now that's smart', the Mobicity designs and the Mobicity logo are trademarks of Mobicity. Other trademarks shown may be held by their respective owners. All rights reserved.

mobicity
Now that's smart.

Mobicity Stores

Nepean	Ottawa
Bayshore Shopping Centre	166 Rideau St
Lincoln Fields Mall	173 Montreal Rd
	246 Bank St.

Authorized Dealers

Bulio Wireless:	IGO Cyber House
1414 Walkley Road	Inc: 223 Bank St.
Cellular X Zone:	CellTeli:
Billings Bridge Shopping Centre	1724 Bank St

Fetchez la vache! Spamalot coming to city

A musical parody of The Legend of King Arthur is coming to Ottawa. Spamalot, based off of the cult classic Monty Python and The Holy Grail, is set to run March 7th to 16th at the Centrepointhe Theatre.

"From my perspective, any movie is always better as a musical," says Bob Lackey, artistic director of Spamalot.

Spamalot has been wildly successful on Broadway and for the first time in its history the Orpheus Musical Theatre Society will be putting on its own production.

"The challenge is can you turn it into artful silliness?" says Lackey.

This reinvented legend tells the story of King Arthur and the fumbling Knights of the Round Table going on a quest to find the Grail and encountering numerous obstacles, the least of which include killer rabbits.

"A couple elements of the movie have been turned into music and dance numbers," says Lackey, giving the example of the iconic scene "Bring Out Your Dead." Other differences from the movie include music-



The album cover of the Broadway musical soundtracks of Spamalot.
TORSTAR NEWS SERVICE

al numbers from other Monty Python films like Life of Brian.

"There is an audience participation element which is a lot of fun," adds Lackey, hinting that it has to do with the search for the Grail.

Everyone involved with the production, from stage hands and costume design to the actors, is a volunteer. There has been a tremendous amount of effort put into the show says Lackey.

"The audience will love it," he enthuses.

TANYA KIRNISHNI/FOR METRO

Bureaucratease strips down our buttoned-up vibe



Bet the people in your cube farm don't look like Miss Gypsy Jones, who will perform at Bureaucratease later this month. JOHN FINNIGAN LIN/CONTRIBUTED

Burlesque.

Charity event teases Ottawa's decidedly unsexy office culture with a sexy show



LUCY SCHOLEY
lucy.scholey@metronews.ca

Burlesque performers acting as local civil servants are busting out of the stuffy office and unbuttoning their white-collared shirts for charity later this month.

Bureaucratease is an office-themed burlesque show that's coming to the Velvet Room on March 22. It will feature professional burlesque performers dressed up in office attire, only to strip down to (almost) nothing in a cubicle stage setting complete with water coolers.

Like all burlesque shows, it's a parody striptease, only

it's mimicking Ottawa's stereotypical office culture.

"Think about the movie Office Space and take that into a kind of sexy, fun, self-referential, self-deprecating humour ... and put that into a bar," said Nicholas Charney, co-founder of Bureaucratease.

Charney is also behind Bureaucratees, which is an online company that sells T-shirts poking fun at the office culture.

Bureaucratease includes special cubicle corner office seats, which have already sold out, and a ticket to be the "cubicle monkey," which is a seat right beside the stage. Micro-manager tickets allow guests to act as stagehands clearing off discarded clothing from the performance space.

"We're trying to reach out to a non-traditional audience and connect them to this world because it's happening right in their city and they don't actually know it's happening," said Charney.



March Break

March 10 to 14

A reduced weekday schedule will operate during March Break, due to the lower demand for service when many people are on holidays and schools are closed.

Bus arrival times will be adjusted slightly on most routes compared to the usual weekday schedule. During rush hours, most routes will have one or two fewer trips. All school routes numbered in the **600s** and special school trips on regular routes will **not** operate.

The O-Train schedule and service to post-secondary institutions will be unchanged.

March Break schedules are available at **octranspo.com**. Find out when your bus will arrive by calling **613-560-1000** or **texting 560560** plus your 4-digit bus stop number.

INFO 613-741-4390 octranspo.com




Power of Trades

Power of Trades helps immigrant tradespeople start their career in Ontario's construction, motive power, industrial, and service skilled trades.

ymcaywca.ca

Contact the Y to register

(There is no cost to participate)

For more information call 613-788-5001 or email: poweroftrades@ymcaywca.ca

WE HAVE A DREAM

BE UNITED

OUR COMMON GOALS

CENTRAIDE

CITIZENSHIP AND IMMIGRATION CANADA

CITIZENSHIP AND IMMIGRATION CANADA

YMCA-YWCA of the National Capital Region

PROS SEE THE PROS OF EXCELLENCE.

INNOVATION - FINANCIAL LEADERSHIP - LIFETIME ACHIEVEMENT

The CPA Canada Awards of Excellence
in Public Sector Financial Management

Deadline to submit a nomination:
March 14, 2014

cpacanada.ca/psfmawards



Platinum Sponsor

CIPFA The Chartered Institute of
Public Finance & Accountancy

Crimea sets vote to join Russia



Ukrainian riot police officers block pro-Russian supporters of activist Pavel Gubarev during a rally in Donetsk, Ukraine, Thursday. The country moved closer to breakup on Thursday. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Future of Ukraine. West answers Crimea's move with sanctions

Ukraine lurched toward breakup Thursday when lawmakers in Crimea unanimously declared they wanted to join Russia and would put the decision to voters in 10 days — and Russian lawmakers pushed a bill to facilitate a handover.

U.S. President Barack Obama condemned the moves and the West answered with the first real sanctions against Russia.

Speaking from the White House, Obama said any decisions on the future of Crimea, a pro-Russian area of Ukraine,

Proposed referendum

“This is our response to the disorder and lawlessness in Kyiv. We will decide our future ourselves.”

Sergei Shuvainikov, member of the Crimea legislature

must include the country's new government.

“The proposed referendum on the future of Crimea would violate the constitution and violate international law,” Obama said. “We are well beyond the days when borders can be redrawn over the heads of democratic leaders.”

Russian President Vladimir Putin's hand was almost certainly behind Thursday's dramatic developments, but it was not clear whether he is aiming for outright annexation, or simply strengthening his hand in talks with the West.

The White House moved to impose financial sanctions and travel restrictions on opponents of Ukraine's new government. The EU also announced limited punitive measures against Putin's government.

Crimea's parliament rammed through what amounted to a declaration of independence from Ukraine, announcing it would let the Crimean people, 60 per cent of whom are ethnic Russian, decide whether they want to become part of their neighbour to the east. **THE ASSOCIATED PRESS**

Canada's stance

‘A vestige of another century’

Crimea is under “illegal military occupation” and Canada will not recognize its forthcoming referendum on whether to join Russia, Prime Minister Stephen Harper said Thursday.

Foreign Affairs Minister John Baird said it's impossible to organize a meaningful referendum in the 10-day time frame proposed.

He said Canada is deeply concerned about Russia's military actions.

“This is a vestige of another century,” he said. “It's a Soviet-style tactic that's unacceptable for a G8 country and unacceptable in 2014. We're going to condemn it in the strongest of terms.”

THE CANADIAN PRESS



CHEVROLET FUELED UP

NOW YOU SAVE EVEN MORE ON GAS.
OUR MOST FUEL EFFICIENT LINEUP EVER[†]

PLUS A GAS CARD.

0% FINANCING FOR 84 MONTHS/LEASING FOR 60 MONTHS
ON SELECT MODELS^{†††}

40¢ OFF/LITRE GAS CARD
ON ALL MODELS[†]

PREMIUM FEATURES WITHOUT THE PREMIUM PRICE 2014 CRUZE LT AIR & AUTO

\$99 @ 0%

LEASE BI-WEEKLY FOR 48 MONTHS* \$995 DOWN PAYMENT.
\$0 SECURITY DEPOSIT. INCLUDES FREIGHT, PDI & LEVIES.

- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH®
- TURBOCHARGED ECOTEC® ENGINE
- CRUISE CONTROL

- ONSTAR® NAVIGATION
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS SAFETY[†] WITH 10 AIRBAGS

40¢ OFF/LITRE GAS CARD



CRUZE LTZ SHOWN^{††}

**ALL CHEVROLETS
INCLUDE**



**COMPLETE
CARE**

COMPLIMENTARY OIL CHANGES
NEW VEHICLE LIMITED WARRANTY
POWERTRAIN WARRANTY
ROADSIDE ASSISTANCE
ONSTAR® STANDARD

2 YR/40,000 KM**
3 YR/60,000 KM^
5 YR/160,000 KM^
5 YR/160,000 KM^
6 MONTHS

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR POWERTRAIN WARRANTY^**

*Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.***

ONTARIOCHEVROLETDEALERS.COM



For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 60/48 month lease for 2014 Chevrolet (Cruze LS 1SA/Cruze LT Turbo 1SA+MHR). Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-Weekly payments may vary depending on down payment/trade. A down payment or trade of \$0/\$995 and/or \$0 security deposit is required. Total obligation is \$11,206/\$11,324. Option to purchase at lease end is \$6,510/\$9,511. Excess wear and tear and km charges not included. Other lease options available. ▼/****Freight & PDI (\$1,600/\$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. @Bluetooth is a registered trademark of Bluetooth SIG Inc. @Visit onstar.ca for coverage map, details and system limitations. Services vary by model and conditions. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ††2014 Cruze LTZ, MSRP with freight, PDI & levies \$28,489. Dealers are free to set individual prices. †Based on GM testing in accordance to Government of Canada test methods. ††Offers valid for delivery dates between March 1st and March 31st, 2014; participating lenders are subject to change. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank or RBC Royal Bank for up to 84 months on an eligible new or demonstrator 2014 Chevrolet Cruze, Sonic, Camaro (excludes Z28), Silverado HD 2500/3500, Tahoe and Suburban. Terms vary by model. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: 2014 Chevrolet Cruze LS MSRP including freight, PDI & levies is \$17,639 at 0% APR, the monthly payment is \$209.99 for 84 months. Cost of borrowing is \$0. Total obligation is \$17,639, plus applicable taxes. Offer is unconditionally interest-free. License, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. †††Retail and basic fleet customers who purchase or lease an eligible Chevrolet, Buick or GMC delivered from dealer stock between March 1, 2014 and March 31, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional \$0.01. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland) and not redeemable for cash except where required by law. GM is not responsible for cards that are lost, stolen or damaged. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without notice. Petro-Canada is a Suncor Energy business™. Trademark of Suncor Energy Inc. Used under licence. Cards are property of Suncor Energy. To protect your card balance, register online at www.petro-canada.ca/preferredtoday. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 kms, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details.

Oil on Lac-Mégantic train was more volatile than documented

New report. Cargo was as flammable as gasoline, says Transportation Safety Board

The Transportation Safety Board says formal lab tests confirm the train that crashed and exploded in Lac-Mégantic, Que., last summer was carrying oil that was more volatile than advertised.

The board says it was actually as flammable as gasoline.

The board took oil samples from nine tank cars that were intact after the crash and subjected them to a rigorous analysis.

The report says the oil from the cars was a Class 3, PG II product, although it had



In this July 6, 2013, file photo, emergency workers examine the aftermath of a train derailment and fire in Lac-Mégantic, Que. RYAN REMIOWZ/THE ASSOCIATED PRESS

been documented as a less volatile Class 3, PG III.

The samples were consistent with a light, sweet crude

oil, with volatility comparable to that of a condensate or gasoline product.

"The large quantities of

spilled crude oil, the rapid rate of release and the oil's high volatility and low viscosity were likely the major

contributors to the large post-derailment fireball and pool fire," the report said.

The July 6 crash and ex-

Quoted

The samples showed "volatility comparable to that of a condensate or gasoline product."

Transportation Safety Board report

plosion killed 47 people and destroyed much of Lac-Mégantic's downtown area after a runaway train belonging to the Montreal, Maine & Atlantic Railway rolled into town and derailed.

The board says the lower flashpoint of the oil on the train explains in part why it ignited so quickly once the tank cars were breached.

The downtown was engulfed in a fireball as thousands of litres of oil exploded.

The board's investigation continues.

THE CANADIAN PRESS

THIS TIME CHANGE: Don't Put **New** Batteries into **Old** Alarms!



safeathome.ca

CHECK THE AGE OF YOUR ALARMS



- REPLACE** smoke alarms every 10 years
...whether alarms are **HARDWIRED** or **BATTERY** powered
- REPLACE** carbon monoxide alarms manufactured prior to 2008
...new Kidde alarms now last 10 years

A DECADE OF WORRY-FREE PROTECTION

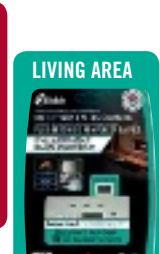
To avoid yearly battery replacement, install new 10-year "Worry-Free" alarms from Kidde, Canada's leading home fire safety company.



- Alarm and battery both last 10 years from activation
- No frequent false alarms
- No late-night battery chirps
- No battery to change



KITCHEN
SMOKE ALARMS



HALLWAY
CARBON MONOXIDE ALARM



LIVING AREA
COMBINATION ALARM SMOKE/CO



PROTECT YOUR FAMILY. BUY KIDDE ALARMS WHEREVER QUALITY HARDWARE IS SOLD.

Technologies That Save Lives

From 'high risk' to hopeful

International Women's Day. Lawrence Hill, author of *The Book of Negroes*, writes about his experience volunteering with girls at high risk for sexual assault and HIV exposure



LAWRENCE HILL
For Metro Canada

As International Women's Day approaches, I wonder how many Hillside High Schools exist in the world. But I would bet good money that there is no Hillside High School like the one I saw in Manzini, Swaziland.

In early February I had travelled to Swaziland as a volunteer to support the work of Crossroads International and its local de-

velopment partner, the Swaziland Action Group Against Abuse (SWAGAA).

The girls greeted me by singing at the top of their lungs. There were nearly 100 girls crammed into a room with no open windows. Finally, a teacher held up her hand, brought the singing to a halt and asked what was on the girls' minds lately.

The answers came ringing out lucidly and unadorned: Was it appropriate for a high school girl to take up with a sugar daddy? What if they were exposed to HIV and died like their parents? What about teenage pregnancy?

Swaziland has the highest rate of HIV in the world, and young women are the hardest hit of all.

According to a study in 2008, 37 per cent of girls between 15 and 19 have HIV. In Swaziland, one girl in three will be sexually abused before age 18. The wave of sexual violence is so unrelenting that SWAGAA has created a



Author Lawrence Hill with a girls' empowerment club in Swaziland. COURTESY CROSSROADS INTERNATIONAL

network of "girls' empowerment clubs" to teach girls about their legal rights, issues of sexual reproductive health, and the need to oppose and report abuse.

The day after I visited Hillside High School, I gave

a creative writing workshop. Almost every girl in the group of 20 spoke or wrote about sexual assault. One girl began a writing exercise with these words: "Darkness has been my only mentor."

Crossroads International,

a small Canadian NGO I have been supporting as a volunteer for 35 years, directs its development activities to girls and women in various African countries and in Bolivia.

In the case of Swaziland,

the girls' empowerment clubs "are saving lives," says SWAGAA executive director Cebile Manzini-Henwood.

"There is urgency in the need to address sexual violence against young girls in my country, to teach them about practices that constitute gender-based violence and provide a safe space for them to report the violations and receive care, love and support."

On the eve of International Women's Day, let's remember girls and women around the world when we are donating from our own pockets and channeling Canadian-led development efforts.

CANADIAN WRITER LAWRENCE HILL FIRST TRAVELLED AS A CROSSROADS INTERNATIONAL VOLUNTEER TO NIGER IN 1979. HE IS AN HONORARY PATRON OF CROSSROADS INTERNATIONAL. HE VISITED SWAZILAND IN FEBRUARY, AFTER SPENDING TWO WEEKS IN SOUTH AFRICA FOR THE FILMING OF THE TV MINISERIES ADAPTATION OF HIS NOVEL *THE BOOK OF NEGROES*.

Hurry in for a
\$100 bonus gift¹
on select
smartphones.

Plus, get more deals on
other great phones!



Samsung Galaxy Ace II x™

\$0 With Tab Small²



Samsung Galaxy S III™

\$0 With Tab Medium²



koodo™

Offer ends March 31, 2014.



BLACK[®]
www.black.ca

FUTURE SHOP

MOBILE SHOP

Walmart*

koodo
shop

Ottawa
Bayshore Shopping Centre
Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

(1) Bonus gift will vary by store location and value of phone. See store for full details. Bonus gift available with new activations only. While quantities last.
(2) Subject to approved credit. Monthly Tab charge may apply.

We Day is heading across the pond to its inaugural U.K. event — the first outside of North America — this Friday at Wembley Arena in London. It's expected 12,000 students (including 130 from Canada) and teachers from more than 380 schools will be in attendance ... along with Prince Harry and a number of other celebs.

The Canadian invasion

We Day lands in the U.K. Inaugural event hopes to leave British youth with an infectious message of doing good

VAWN HIMMELSBACH
For Metro Canada

Each year, EF's Global Citizen Scholarship is awarded to 10 students across Canada who demonstrate a passion for global citizenship. And this year, the winners are heading to London and Berlin to participate in We Day U.K. and EF's Science & Innovation Summit in Berlin.

"What's unique about this event is that we have over 130 students from Canada joining with EF Tours to experience our first international We Day event and share their excitement with students in the U.K. who get to see it for the first time," said Craig Kielburger, international activist and co-founder of Free The Children.

Prerana Gambhir, a Grade 12 student with Fraser Heights Secondary in Surrey, B.C., is one of those 10 scholarship students. Gambhir, 17, is head of her school's global issues club and head delegate for the model UN.



Romeo Tello, a councillor with the City Youth Council of Toronto, is hyped to exchange ideas with other youth at We Day U.K. PHOTOS CONTRIBUTED

This year, the club is focused on women's empowerment; they're fundraising to support two girls' education in Tanzania and using any excess funds they raise to support micro-financing projects for women in developing countries.

As an immigrant to Canada, Gambhir says she realizes the importance of a free education. "I wanted to contribute and do my bit," she said.

In addition to fundraising through Free The Children's

Quoted

"What you want to do is help (recipients) create a self-sufficient lifestyle."

Prerana Gambhir, a grade 12 student who is passionate about sustainability issues

We Are Silent and We Scare Hunger campaigns, the global issues club has also created its own campaign called Five Days of Fire — a



Prerana Gambhir is the head of her school's global issues club.

five-day competition that includes food and games.

Gambhir feels strongly about the topic of sustainability. A lot of people feel they're doing their part just by raising money, she said, "but what you want to do is help (recipients) create a self-sufficient lifestyle."

With We Day U.K., it means getting that message across to an even larger audience.

Gambhir is excited to see education activist Malala Yousafzai at the event. "I've heard her speeches in the UN and her stories are truly moving," she said. She's also excited to see Evanna Lynch, who plays Luna Lovegood in the Harry Potter movies. "I'm a huge Harry Potter fan," she added.

Romeo Tello, a Grade 11 student with Monarch Park Collegiate in Toronto, is

also on his way to London on scholarship. Tello, 16, is a councillor with the City Youth Council of Toronto, working with local reps on community issues and campaigns. His efforts have led, for example, to the extension of library hours in his community.

He also works with the school's Free the Children club, Minga. Last year, the club sent a group of students to India to help build a school; students are currently raising funds to build a school in Ecuador.

"I'm one of those more fortunate youth who got to see We Day grow into what it is now," said Tello. "I've been to one of the first We Days in Toronto and now I get to go to the first international one."

Like Gambhir, he's excited to see Yousafzai at We Day U.K. But he's also hoping the trip will spark ideas through collaboration with like-minded youth — sort of like an informal forum of ideas.

"In my school we're all from the same neighbourhood — the discussion is pretty similar," said Tello. "These are nine other people from different areas of the country and our views will be different, our strategies will be different ... and hopefully some tangible strategies will come out of that."

We Day U.K. 101

- Co-chaired by Holly Branson and Lord Rumi Verjee, We Day U.K. features actress Jennifer Hudson, songstress Ellie Goulding, artist Dizzee Rascal, and Malala Yousafzai, the international education activist and co-founder of the Malala Fund.

- Free The Children is one of the world's largest youth-driven charities. So far, it's helped to build more than 650 schools, providing education to 55,000 children, in eight developing countries.

- We Day is free to attend; schools earn their tickets by taking action in local and global communities.

- "We have students coming from all over England, Wales, Scotland, the Isle of Man, Northern Ireland and even the Republic of Ireland," said Craig Kielburger. "The young people in the U.K. are already incredibly creative and engaged in service actions and we can't wait to see the impact the first We Day event will have on them."



Malala Yousafzai
GETTY IMAGES

So did the chicken or egg get there first?



Hannah Owen says her experience with Free the Children spurred her on to start her own fundraising efforts. PHOTOS CONTRIBUTED

In 2010, Hannah Owen went to Rwanda with her dad, actor Clive Owen. She was 13 years old. They were there as guests of Aegis Trust, a British NGO that campaigns to prevent genocide.

It was a life-changing experience. "I had been opened up to the world of Africa ... but I never really had the experience of youth empowerment," she said. It was a trip to Kenya a year later with Me to We — to visit a Free The Children development — that helped her see how youth could make a difference.

"It had the most incredible impact on me," said Owen. "It completely changed my perspective on what is possible."

When she returned home,



Hannah and her sister competed in a chicken and egg race through London to see who would finish first.

she started her own fundraising efforts. A conversation with friends turned into a chicken-and-egg race with her sister through the streets of London (each dressed in a costume) to see who would come first: the chicken or the egg. "It

was completely bonkers," she said, adding that they managed to raise \$5,900 that went toward education in Kenya. Over the past three years, Owen estimates she's helped to raise about \$18,500 for various causes.

She's particularly excited to hear Malala Yousafzai speak at We Day U.K. Of course, she'll also be there to see her dad take the stage.

"He has pushed me and opened the doors to that world," she says of her dad.

As for We Day U.K., Owen believes it's going to have a big impact on British youth.

"It will be a spark for an amazing cloud of positivity around the U.K."

VAWN HIMMELSBACH/FOR METRO

Online

Visit metronews.ca Friday afternoon for more coverage from the very first We Day in the U.K.

- Red carpet arrivals
- Photo galleries from the event
- An extended audio interview with Hannah Owen





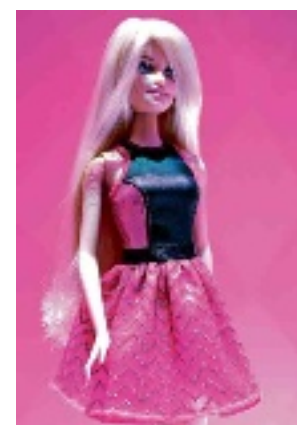
What were Coke execs on when they came up with this ad?

A Diet Coke ad is seen at 84th Street and First Avenue in New York City. While Coca Cola insists its new campaign is about life's big and small "You're on" moments, many are finding it hard to ignore the phrase's more colloquial meaning — namely, you're on drugs.

DAVID ROTH/FOR TORSTAR NEWS SERVICE

Could Mattel deal earn Girl Scouts a Bad Idea patch?

Activist. The Barbie participation patch would transform little girls into 'walking ads'



Can I get a patch for 'idealizing an impossible body type'?
MARK LENNIHAN/THE ASSOCIATED PRESS

America's top doll, Barbie, finds herself in controversy once again, this time over a business partnership between her manufacturer, Mattel, and the Girl Scouts.

On Thursday, two consumer advocacy groups often critical of corporate advertising tactics — the Campaign for a Commercial Free Childhood and the Center for a New American Dream — criticized Barbie as a flawed role model for little girls and launched a petition drive urging the Girl Scouts of the USA to

ship with Mattel, announced last August, includes a Barbie-themed activity book, a website, and a Barbie participation patch — the first Girl Scout uniform patch with corporate sponsorship.

"Holding Barbie, the quintessential fashion doll, up as a role model for Girl Scouts simultaneously sexualizes young girls, idealizes an impossible body type, and undermines the Girl Scouts' vital mission to build 'girls of courage, confidence and character,'" said Susan Linn, director of the Boston-based commercial-free childhood organization.

She said the Barbie patch — targeted at 5-to-8-year-old Daisies and Brownies — would transform these girls into "walking advertisements." **THE ASSOCIATED PRESS**

end the partnership. The Girl Scouts said they would not do so.

The Girl Scouts' partner-

Market Minute



DOLLAR
90.98¢
(+0.38¢)



TSX
14,271.92 (-32.25)



OIL
\$101.56 US (+\$0.11)



GOLD
\$1,351.80 US (+\$11.50)

Natural gas: \$4.64 US (+\$0.07)
Dow Jones: 16,421.89 (+61.71)

Student debt

Throwing up his \$5,400 grad cap

A University of Michigan-Flint senior has taken a chunk out of his tuition debt by selling ad space on his graduation cap. Alex Benda raised \$5,400 US as of Thursday. **THE ASSOCIATED PRESS**

Enbridge's Line 9 pipeline reversal OK'd

The National Energy Board issued a green light Thursday to energy giant Enbridge's plan to reverse the flow and increase the capacity of a pipeline that has been running between southern Ontario and Montreal for years.

The 141-page decision on the controversial Line 9 comes some four months after the federal regulator held public hearings on the Calgary-based company's proposal.

"The board's decision enables Enbridge to react to market forces and provide benefits to Canadians, while at the same time imple-

menting the project in a safe and environmentally sensitive manner," the NEB said in a statement.

"Enbridge will be permitted to operate all of Line 9 in an eastward direction in order to transport crude oil from Western Canada and the U.S. Bakken region to refineries in Ontario and Quebec."

The approval is subject to a number of conditions, which include Enbridge being required to undertake activities involving pipeline integrity, emergency response and continued consultation with stakeholders and the public. **THE CANADIAN PRESS**

In case of a spill

The board was not unanimous, however, in the conditions it set out for Enbridge related to financial ability to deal with a spill, with one member saying he would have liked Enbridge to be required to demonstrate that it has "legally enforceable access to financial resources which are and will continue to be adequate to fund any reasonably foreseeable NEB-regulated obligations which arise as a result of a spill."

Oscar Mayer cooks up marketing gimmick with bacon-scented app

Want to wake up to the sound of bacon sizzling on the stove with its aroma drawing you out of bed?

There's an app for that.

Oscar Mayer says it has created a bacon-scented app for the iPhone, developed by the

Madison, Wis.-based company's Institute for the Advancement of Bacon.

The company says that to emit a small puff reminiscent of bacon, the user needs an external device that plugs into the headphone jack. The app itself

produces the sound of bacon sizzling in a pan.

Oscar Mayer says the aroma-producing device won't be sold in stores and that quantities are limited. The company is giving away 4,700 devices beginning Thursday. **THE ASSOCIATED PRESS**

METAL ROOFING AT FACTORY DIRECT PRICING



0% 0 0\$

INTEREST DEPOSIT PAYMENTS
**PAY ABSOLUTELY NOTHING
UNTIL OCTOBER 2014***

Call to Book Your Free Cost Effective Quote

1.855.838.9393
Tel: 613.838.9393

- ✓ A must see revolutionary roofing system
- ✓ Zinc galvanized cutting edge technology
- ✓ Adds curb appeal & lasting value to your home
- ✓ Available in **Steel** or **Aluminum** in a wide range of colours and profiles

Financing available O.A.C.*

D.I.Y.'s
& Contractors
Welcome



www.londonecoroof.com

THAT TIME WE BROKE TWITTER

1 Celebrity selfie. It was bound to happen, and the world can thank Ellen DeGeneres for being the first to discover that if you take a picture with the world's biggest stars on live TV, and then challenge those viewers to break a retweet record, and it's free ... somebody's setting a new retweet record. #OscarSelfie

2 Mayor of late night. Jimmy Kimmel's most talked-about guest was Toronto's Rob Ford. Kimmel poked some fun and showed a video montage of the mayor's various missteps, read him a letter from an angry Torontonion, and grilled him until the mayor was literally sweating. Among Ford's top comments were "the apologies are over, I'm moving on," "I wasn't elected to be perfect," and the golden quote, "Actions speak louder than words." Oh, I'm done.

3 Pardon my French. Quebec Premier Pauline Marois, hoping to capitalize on recent polls putting her ahead of the Liber-



THE METRO LIST
Mike Benhaim
metronews.ca

als, has called an election. Her goal is to achieve a majority government that will allow her to adopt her controversial Charter of Quebec Values. *No hashtags were suitable for print.*

4 Academy hustle. Fans of American Hustle were disappointed as the film's 10 nominations yielded zero wins. It never had a chance as host Ellen DeGeneres pointed out with my favourite line of the night: "Possibility number one, 12 Years A Slave wins best picture. Possibility number two, you're all racist."

5 Frosty tweets. Checking my Twitter account (@TheMetroList) while crossing the street, I stepped into a pothole that filled my boot with freezing water as a truck passed by splashing slush over the entire right side of my body, and the hashtag staring back at me was #SpringForward. Terrific. One less hour of bed rest.

6 The Voice. In this week's blind auditions, one mentor reigned supreme, collecting artist after great artist with nothing but his three previous wins and the promise of a good time. Of all the musical talent on the panel, that man was the quick-witted and charismatic Blake Shelton. #TeamBlake

7 Dancing With the Stars. ABC revealed their lineup for the upcoming season. Contestants include: Danica McKellar of The Wonder Years, Candace Cameron Bure of Full House, Drew Carey, and Diana Nyad who swam from Cuba to Key West last year. Hashtag is #DWTS because it's shorter than #DancingWithPeopleYouNeverHeardof, or Forgot.

8 Puck daddy. The Vancouver Canucks traded goaltender Roberto Luongo to the Florida Panthers, tweeted his picture with the quote, "This caught me off guard, but I'm excited. I'm going home." then deleted it! No one knows why, but it spawned a barrage of creative tweets including one with Luongo's face on a 'Get out of jail free' card, referring to Vancouver's escape from the 35-year-old's 12-year contract that still has eight years to go.

ZOOM

How does this sound to you?



COURTESY LICKSTER

3D-printed cone is music to the ears

The greatest taste experiences can feel like sweet music, and one of mankind's favourite treats can now provide a soundtrack. Ice cream that can be played as an instrument, with tongue-activated sensors in a 3D-printed cone sending signals to a computer that plays "sounds reminiscent of winter icicles and slippery surfaces."

METRO

Q & A

Heightened senses

Metro spoke to designer Emilie Baltz

What considerations are there when matching a foodstuff to a music experience?

Our goal with performance

food experiences is to study the relationship between the senses. It is challenging to say there is a 'should' involved in pairing sound with food. Anything can be paired with anything; the interesting piece is the resulting emotion that is created from the mixture. Food is such a subjective, complex experience that each person reacts differently.

What other foods do you think would work well with musical accompaniment?

We tried marzipan, dough, cocktails, sodas and even the rogue jar of peanut butter, which did not work. Seeing as music is a rhythmic experience, the foodstuffs that beg for repetitive actions — like licking — for their ingestion are perfectly suited.

Clickbait



IRENE KUAN
Metro Online



ISTOCKIMAGES

Everybody likes a deal, and if clipping coupons is not your thing, here are some websites and apps that help you find promo codes for everything from your groceries to Internet purchases.

Checkout51:

Get grocery coupons with this app. New offers are loaded every Thursday, offering savings for brand name items you purchase from grocery and drug stores. Once your account reaches \$20, they will mail you a cheque.

Promofly:

Use this free online tool to find promo codes for thousands of websites. You will need to sign up and save the Promofly bookmark. Whenever you online shop, you can use the generator to find you coupon codes.

Comments

RE: Napping On Vancouver Transit? Smile For The Camera!
Published March 3

This should not be allowed.. I for one would not want someone snapping a photo of me and posting it on the internet for everyone to see. These people deserve privacy, instead of being ridiculed.

Tuccy posted to metronews.ca

I don't think it's a big deal. The pictures aren't inappropriate, it's just a snapshot of what everyone else on the train is seeing. If you're falling asleep on public transportation and you think you deserve privacy, erm....stay awake? Go to sleep at home?? ? There's hardly a breach of privacy here.

RainyDays posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca



**MARCH
BRICKBREAK**

**20%
OFF***

**LEGO® Movie, City, LEGO® Star Wars®, LEGO® Super Heroes™,
LEGO® DUPLO® and other select LEGO® items**



ONLY AT

!ndigo

Chapters

indigo.ca

For more ideas, deals and events visit us in-store and online at Indigo.ca/Lego

   /chaptersindigo

*Instore and Online: 20% off LEGO Movie & LEGO Super Heroes valid February 28 - March 16, 2014. Instore and Online: 20% off City, LEGO Star Wars, Duplo, Chima and Minifigures valid February 28 - March 31, 2014. IN-STORE ONLY: 20% off select LEGO Kids books valid February 28 - March 31, 2014. Offer excludes LEGO Friends, Mindstorms and any LEGO theme set not listed. Offers valid while quantities last. No rainchecks. Prices and selection may vary between stores and online. Visit your local store or go online to see LEGO set being featured. INDIGOKIDS, INDIGO, CHAPTERS, INDIGO.CA are trade marks of Indigo Books & Music Inc. LEGO and DUPLO are registered trade marks of LEGO Jurivis A/S. STARS WARS is a registered trade mark of Lucasfilm Entertainment Company Ltd. LLC

Synopsis

Based on characters from The Rocky and Bullwinkle Show, the movie stars the voice of Modern Family's Ty Burrell as Mr. Peabody, a beagle who is also the world's smartest being. Imagine Family Guy's Brian with less attitude but more PhDs. When his adopted son Sherman (Max Charles) bites schoolmate Penny (Ariel Winter) Peabody tries to smooth things by throwing a dinner for Penny's parents (Stephen Colbert and Leslie Mann). His party plan is almost derailed when Sherman and Penny hijack the WABAC device, a time machine that takes them to ancient Egypt and the Trojan War. Can Mr. Peabody rescue them before Penny's parents notice she's gone and the space-time continuum is irreparably destroyed? Steve Gow sits in for Mark Breslin this week.

• Richard: ●●●●●

• Mark: ●●●●●

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Mr. Peabody & Sherman opens this weekend. CONTRIBUTED

Every dog has its day

Mr. Peabody & Sherman. Family flick still cuts clever for the adults in the theatre

Richard: Steve, Mr. Peabody & Sherman lacks the political bent of the original Jay Ward cartoon series, but it is loaded with references from literature, history and popular culture. It's the only kid's movie with an Oedipal joke and I can't imagine a Minion punning, "Marie Antoinette could have kept her head if she had issued an edict to distribute bread to the poor. But you can't have your cake and edict too." Which means it is stuffed with the spirit of

Ward, which is a good thing, even if it does veer off path with a sentimental father and son subplot. What did you think?

Steve: I agree 100 per cent, Richard. In fact, by dipping its proverbial toe into that father-son subplot, the film dares to touch on what other family films like Finding Nemo or The Incredibles have done better. Still, the movie's meteoric pace never lingers too long on any facet of the film and its niche truly is the ceaseless nods to historical events. My favourite had to be a clever throwback to Spartacus.

RC: I know the history element sounds dangerously educational for a mainstream

kid's flick, but the movie's trips back to ancient Egypt, the Trojan War and Leonardo Da Vinci's studio where they discover the secret of Mona Lisa's smile are really fun. They are made doubly so by great voice work. As the dim witted general Agamemnon, Patrick Warburton really stands out. He started the confident dumb guy routine on Seinfeld (as Elaine's on-and-off boyfriend Puddy) and uses it to hilarious effect here.

SG: And for those who remember the old Bullwinkle series, Ty Burrell does a pretty decent job voicing the movie's canine savant. Even more successful are the comedy's captivating visuals, especially the way director Rob Minkoff works the

3D to capture the measure of epic Trojan battles or travelling through the time-space continuum and not simply for eye-catching sight gags.

RC: The animation is top notch and like the best of Ward's work, Mr. Peabody & Sherman realizes that the material has to work on multi levels, the surface and the satirical. Like The Lego Movie, I think this movie will appeal to kids and adults.

SG: Again, I agree. The movie is a peppy, playful ride through history for all ages. In fact, it probably won't hurt either that most everyone in the audience will barely remember the old Bullwinkle cartoon.

LOOKING TO MAKE A CAREER CHANGE?

Read metro^{work} every Monday & Wednesday.

LOU'S BOOT CORNER CLOSING SALE

After 74 years in business in the Byward Market we will be closing our doors on May 10, 2014.

We would like to take this opportunity to thank all our loyal customers. At Lou's we have watched generations grow with us over the many years and we thank you for the experiences that have enriched our lives.

Hope to see you again before our closing!

61 William St. • 613-241-3202

2 SCENE

Director makes nod to classic car flicks

Need For Speed. In the age of CGI, stuntman-turned-filmmaker Scott Waugh celebrates the visceral ride

COLIN MCNEIL
colin.mcneil@metronews.ca

They just don't crash 'em like they used to.

The era of computer-generated characters, green screen fakery and motion capture magic is upon us. Film has gone digital, right down to the cameras. You might say the days of the practical stuntman — who crashed real cars and put his life on the line for a great shot — is dead and gone.

Need for Speed director Scott Waugh would beg to differ. In his movie, "all of it's real."

"The only CGI I'm doing," he says, "is painting out the cameras that I have everywhere."

Waugh, a second generation



Scott Waugh directs Need For Speed, which opens next Friday. CONTRIBUTED

stuntman turned director, shot Need for Speed on location in Detroit with the most practical special effects possible. The classic car films of the 1960s and '70s were his inspiration.

"We still quote them," he says. "We quote Bullitt, we quote French Connection, we quote Grand Prix, Smokey and the Bandit."

"And that's what we're

trying to bring back on this movie.

"All the car driving's for real, we're going the speeds we say we're going and it's really a visceral ride."

Stuntman stuff

"I think a great stuntman has a great respect for fear. Because when you have that respect, you do everything you can to minimize and negate the problems that can come so you are safe. So if you don't have the fear, I think most people actually just get hurt, just not realizing the consequences are high," says Waugh.

But this isn't the '70s, and modern movies often demand more and more action sequences that seem impossible to do in real life. Not a problem for Waugh.

"It's just a matter of engineering it right," he says.

For just one of the film's jaw-dropping car jumps, Waugh and his team spent six months planning and getting the physics just right. For the human beings behind the wheel, it's time well spent.

"When you start travelling at the speeds we're travelling

during this film, the consequences are exponential," he says.

But it's not all about the crash bang boom. Waugh knows the importance of the leading man in a good car flick, and likens Need for Speed's star Aaron Paul to the King of Cool himself.

"He's one of the first people I've worked with in his age bracket that actually harnesses the Steve McQueen vibe," says Waugh of Paul.

"Steve had an incredible thing about him. He was dangerous as a person, he was charming, and he was loveable, and he was talented physically. That's a hard four to find in our current actors that are in the 20s age bracket, and he's [Aaron Paul] the only one to me that harnesses those qualities.

If you ask Waugh, the loveable Breaking Bad alumnus has the danger factor and the McQueen charm, but what about the physical part?

"I told him," laughs Waugh, "if he doesn't make it as an actor, he's got a great stunt career ahead of him."

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: Certified Fresh: 🍅 Fresh: 🍅 Rotten: 🍌 Audience response: 🍿 Audience anticipation for the film: +

EXTENDED until MARCH 13!

IZA CALZADO
PIOLO PASCUAL AND TONI GONZAGA
an Olivia M. Lamasan film

Starting Over Again

With English subtitles

TFC
At The Movies

Catch it from March 7 to 13

OTTAWA, ONTARIO
Cineplex South Keys
2214 Bank St, Ottawa ON
K1V 1J6 513-735-6740

MONTREAL, QUEBEC
Cineplex Odeon Forum
2313 St. Catherine St. West Suite 101 Montréal, QC,
H3H 1N2 (514) 904-1277

Action



300: Rise of an Empire

Director. Noam Murro

Stars. Sullivan Stapleton, Eva Green

Based on Frank Miller's latest graphic novel, Xerxes, and told in the breathtaking visual style of the blockbuster 300, this new chapter of the epic saga takes the action to a fresh battlefield on the sea as Greek general Themistocles (Sullivan Stapleton) attempts to unite all of Greece by leading the charge that will change the course of the war.

Rotten Tomatoes™ score
Critics: 64% Audience: 98%

Thriller



3 Days to Kill

Director. McG

Stars. Kevin Costner, Amber Heard

In this heart pounding action-thriller, Kevin Costner is a dangerous international spy, who is determined to give up his high stakes life to finally build a closer relationship with his estranged wife and daughter, whom he's previously kept at arm's length to keep out of danger. But first, he must complete one last mission.

Rotten Tomatoes™ score
Critics: 31% Audience: 53%

Comedy



No Clue

Director. Carl Bessai

Stars. Amy Smart, David Koechner, Brent Butt

When a low-level ad man is mistaken for a private eye by a gorgeous blonde, he pretends to be the PI she wants and offers to find her missing brother. But when the job turns violent, he realizes he's in way over his head.

Rotten Tomatoes™ score
Critics: No reviews yet Audience: 100%

Villeneuve's dark twisted fantasy

Enemy. Actor Jake Gyllenhaal talks about breathing life into Quebec filmmaker's cinematic vision

LIZ BROWN
liz.brown@metronews.ca

In many ways, 2013 was a dark year for Canadian filmmaker Denis Villeneuve and his right-hand actor, Jake Gyllenhaal. At the Toronto International Film Festival, the pair premiered two disparate — but both unsettling — films.

The one that garnered the most attention was the Hugh Jackman-fronted *Prisoners*, where Gyllenhaal plays the morally upright gumshoe Detective Loki. And while this role pulled plenty of praise for Gyllenhaal, his more difficult turn as an actor came in Villeneuve's second offering at TIFF — the mind-bending *Enemy*.

The film, based on a book called *The Double* by Portuguese writer José Saramago,



Denis Villeneuve, left, and Jake Gyllenhaal chat on the set of *Enemy*, which opens on Friday. CONTRIBUTED

dives into deep thoughts on doppelgangers. It's a heavy psycho-erotic thriller whose ending refuses to be constrained with a neat bow. Gyllenhaal plays a melancholic Toronto-dwelling history prof who learns there's a D-list actor out in Mississauga who looks *exactly* like him. The actor is challenged to play two characters against himself when the doubles eventually meet.

"Denis was inspired by the

book and was trying to find a really grand metropolis that matched his idea. He felt like Toronto has been shot as other places so often but not very often as itself," says Gyllenhaal, explaining the director's decision to set the story in Canada's largest city — a creative leap from the book.

The air is unsettling as the story unfurls in a grey and desolate Toronto. And as the doppelgangers continue to meet

things just get more murky. "It's about the unconscious," Gyllenhaal says of the film. "There's a dream-like nature to it. Dreams are had in the dark and they have this darkness that's really beautiful," he adds.

Enemy is the kind of movie that taunts us to construct meaning from a fever-dream and will leave viewers debating its meaning long after the finale. "I feel like we're all searching for a concrete answer

Canadian Screen Awards

Enemy is nominated for a number of Canadian Screen Awards, including best motion picture, achievement in direction (Denis Villeneuve), performance by an actor in a leading role (Jake Gyllenhaal) and performance by an actress in a supporting role (Sarah Gadon).

to films. We want a structure that is clear and a lot of times we want a resolution that will somehow bring us comfort in a discomforting world," says Gyllenhaal.

But even after this philosophical moment, Gyllenhaal himself can't escape that human desire to put things in order, offering his own interpretation on the tale: "I think it's about a man struggling with committing to a relationship and a marriage. It's the psychological journey, when you're trying to decide the parts of yourself to commit to and the parts of yourself to kill off," he says.

Canadian Screen Awards

Orphan Black, Degraasi take home hardware

The sci-fi serial *Orphan Black* heads into this weekend's Canadian Screen Awards with a leading eight trophies already under its belt. The Space smash became the TV leader at an early industry gala that bestowed acting awards to supporting actor Jordan Gavaris (who plays Felix), supporting actress Maria Doyle Kennedy (Mrs. S) and guest performer Natalie Lisinska (Aynsley).

Degraasi collected four awards in the children's or youth categories, including best series, best direction, best writing and best performance for young actor Dylan Everett (Campbell Saunders).

Winners in the marquee film and TV categories will be announced at a star-studded bash in Toronto on Sunday. Martin Short hosts that bash in Toronto. It will be broadcast on CBC-TV.

THE CANADIAN PRESS

PAT HEALY SARA PAXTON ETHAN EMBRY DAVID KOECHNER

CHEAP THRILLS
WHAT DOESN'T KILL YOU MAKES YOU RICHER

18+ Persons younger than 18 must be accompanied by an adult. BRUTAL VIOLENCE, COARSE LANGUAGE. PNP

EXCLUSIVE ENGAGEMENT STARTS TODAY! MAYFAIR
Check theatre directories for showtimes

BRENT BUTT AMY SMART DAVID KOECHNER

NO CLUE
SHE'S THE DAMSEL. HE'S IN DISTRESS.

PG TOBACCO USE, LANGUAGE MAY OFFEND. MYRIAD. MOVIE CENTRAL. Canad. TELEFILM CANADA. M. one.

FACEBOOK.COM/EONEFILMS YOUTUBE.COM/EONEFILMS

EXCLUSIVE ENGAGEMENT STARTS TODAY
Fri-Sun: 12:10, 2:35, 5:10, 7:40, 10:10
CINEPLEX ENTERTAINMENT SILVERCITY GLOUCESTER
2880 CITY PARK DRIVE • GLOUCESTER • 749-3029

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR. 7 TO THURS., MAR. 13. TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema 325 Rideau St. Dallas Buyers Club (18A) Wed 4:30 Thu 9:05 Domestic (STC) Wed 9:10 Le démantèlement (STC) Tue 9:10 La Fée (STC) Thu 6:59 Her (14A) Sat 1:30 Sun 3:45-8:50 Mon 4:15 Tue 6:30 Millefeuille (STC) Sun 6:30 The Oscar Nominated Short Films 2014: Animated (G) Fri 9:30 Sat 4:10 Sun 1:30 Mon 8:55 Tue 4:15 Philomena (PG) Wed 6:59 Thu 4:45 Rock the Casbah (STC) Fri 6:40 The Square (18A) Fri 4:15 Sat 9:20 Twa Timoun (STC) Mon 6:55 Under the Starry Sky (14A) Sat 6:30	Rainbow Cinemas St. Laurent Centre 1200 St. Laurent Blvd. Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 10:30-12:30-2:35-4:50 Dallas Buyers Club (18A) Fri-Thu 6:40-9:10 Endless Love (PG) Fri-Thu 10-4:30 Free Birds (G) Fri-Thu 10:10-12:20-2:25-4:40 Gravity (PG) Fri-Thu 7-9:05 The Hobbit: The Desolation of Smaug (PG) Fri-Thu 7:10 The Hunger Games: Catching Fire (PG) Fri-Thu 12:50-6:30 Jack Ryan: Shadow Recruit (PG) Fri-Thu 2:15-9 The Nut Job (PG) Fri-Thu 10:40-12:40-2:45-5 Philomena (PG) Fri-Thu 12:10-6:50 Ride Along (14A) Fri-Thu 10:20-4-9:20	South Keys 2214 Bank St. 3 Days to Kill (PG) Fri-Thu 9:50 300: Rise of an Empire 3D (18A) No Passes Fri-Thu 11:15-1:50-4:25-7-9:40 No Passes Fri-Thu 11:45-2:20-4:55-7:30-10:10 American Hustle (14A) Fri-Thu 6:30-9:35 Dolphin Tale (G) Sat 11 Frozen (G) Fri-Thu 10:50-1:20-3:55 The LEGO Movie (G) Fri-Thu 10:40-1:10-3:45 The LEGO Movie 3D (G) Fri-Thu 11:30-2-4:35-7:05-9:30 The Monuments Men (PG) Fri 10:30-1:15-4:05-6:50-9:55 Sat 4:05-6:50-9:55 Sun-Thu 10:30-1:15-4:05-6:50-9:55 Mr. Peabody & Sherman (G) No Passes Fri-Thu 10:25-11:50-2:15-4:40-7:10 Mr. Peabody & Sherman 3D (G) No Passes Fri-Thu 11:10-1:35-4-6:35-9:10 Non-Stop (PG) Fri-Thu 11-1:45-4:30-7:15-10 Pompeii (PG) Fri 11:25-2:05-4:45-7:25-10:05 Sat 2:05-4:45-7:25-10:05 Sun-Thu 11:25-2:05-4:45-7:25-10:05 Royal Winnipeg Ballet's Moulin Rouge: The Ballet (STC) Sat 12:55 Son of God (PG) Fri-Thu 12:20-3:30-6:40-9:45 Starting Over Again (STC) Fri-Thu 6:45-9:25 The Wolf of Wall Street (18A) Fri-Thu 12:40-4:20-8:10	Coliseum Ottawa 3090 Carling Ave. 3 Days to Kill (PG) Fri-Thu 6:50-9:55 300: Rise of an Empire 3D (18A) No Passes Fri-Sun 11:55-2:30-5:05-7:40-10:15 No Passes Mon 1-4-7-10 No Passes Tue 11:55-2:30-5:05-7:40-10:15 No Passes Wed-Thu 1-4-7-10 No Passes Fri-Sun 12:25-3-5:35-8:10-10:45 No Passes Mon 1:30-4:30-7:30-10:30 No Passes Tue 12:25-3-5:35-8:10-10:45 No Passes Wed-Thu 1:30-4:30-7:30-10:30 About Last Night (14A) Fri-Thu 8:10-10:35 Frozen (G) Fri-Thu 1:15-4:15 In Fear (14A) Thu 7:30 The LEGO Movie (G) Fri-Thu 12:40-3:10-5:40 The LEGO Movie 3D (G) Fri-Thu 1:30-4:05-6:40-9:30 The Monuments Men (PG) Fri-Sat 1-3:50-7-9:50 Sun 3:50-7-9:50 Mon-Wed 1-3:50-7-9:50 Thu 1-3:50-9:50 Mr. Peabody & Sherman (G) No Passes Fri-Sun 12-2:25-4:50-7:15 No Passes Mon 2:25-4:50-7:15 No Passes Tue 12-2:25-4:50-7:15 No Passes Wed-Thu 2:25-4:50-7:15 Mr. Peabody & Sherman 3D (G) No Passes Fri-Thu 12:30-2:55-5:20-7:45-10:10 Need for Speed 3D (PG) No Passes Thu 9:15 Non-Stop (PG) Fri-Wed 1:50-4:40-7:30-10:30 Thu 4:40-7:30-10:30 Star & Strollers Screening Thu 1 Pompeii 3D (PG) Fri-Wed 1:40-4:30-7:20-10 Thu 1:05-3:40-6:45 RoboCop (PG) Fri-Thu 9:45 Shaadi Ke Side Effects (14A) Fri-Sun 12:15-3:35-6:35-9:40 Mon 12:30-3:35-6:35-9:40 Tue 12:15-3:35-6:35-9:40 Wed 12:30-3:35-9:40 Thu 12:30-3:35-6:35-9:40 Son of God (PG) Fri-Wed 12:50-4-7:10-10:20 Thu 4-7:10-10:20 Star & Strollers Screening Thu 1 Tootsie (STC) Sun 12:55 Wed 7	Canadian Museum of nature 240 McLeod St. Flying Monsters 3D (G) Fri-Thu 12-2:30-3:40 Flying Swords of Dragon Gate 3D (14A) Fri-Thu 12:35-3:05 Penguins 3D (STC) Fri-Thu 10:30-1:10 Fri-Thu 11:15-1:50	Mayfair Theatre 1074 Bank St. Cheap Thrills (18A) Fri 9:30 Sat 8:45 Sun-Mon 9 The Hobbit: The Desolation of Smaug (PG) Thu 3:15 The Hunger Games: Catching Fire (PG) Sat 3:15 Mon-Wed 3:15 The Nut Job (PG) Sat 1 Sun 12:45 Mon-Thu 1 Ottawa Film Society (STC) Tue-Thu 7-9:45 Saving Mr. Banks (PG) Fri 4-6:45 Sat 6:15 Sun-Mon 6:30 Sharknado (STC) Sat 10:45 Sparta Short Film Festival (STC) Sun 3



Non-Stop. CONTRIBUTED

RoboCop (G) Fri-Sun 6:50-9:10 Mon 6:50 Tue 6:50-9:10 Wed 9:10 Thu 6:50-9:10 Son of God (G) Fri-Sun 12:40-3:30-6:40-9:30 Mon 6:40 Tue 12:40-3:30-6:40-9:30 Wed-Thu 6:40-9:30 0	Gatineau 9 120 boul. de l'Hôpital 300: la naissance d'un empire 3D (13+) Fri-Sun 1:15-4-7-9:35 Mon 7-9:35 Tue 1:15-4-7-9:35 Wed-Thu 7-9:35 Belle et Sébastien (G) Fri-Sun 12:30-3-7:05 Mon 7:05 Tue 12:30-3-7:05 Wed-Thu 7:05 Célibataires... ou presque (13+) Fri-Thu 9:50 Le film LEGO (G) Fri-Sun 1:20-3:40-7:25 Mon 7:25 Tue 1:20-3:40-7:25 Wed-Thu 7:25 Le fils de Dieu (G) Fri-Sun 12:15-3:05-6:30-9:20 Mon 6:30-9:20 Tue 12:15-3:05-6:30-9:20 Wed-Thu 6:30-9:20 L'ange gardien (13+) Fri-Sun 12:45-3:10-6:45-9:05 Mon 6:45-9:05 Tue 12:45-3:10-6:45-9:05 Wed-Thu 6:45-9:05 M. Peabody et Sherman: Les voyages dans le temps 3D (G) Fri 11-1-3:20-6:45-9 Sat-Sun 1-3:20-6:45-9 Mon 6:45-9 Tue 1-3:20-6:45-9 Wed-Thu 6:45-9 Miraculum (G) Fri-Sun 12:40-3:15-6:50-9:25 Mon 6:50-9:25 Tue 12:40-3:15-6:50-9:25 Wed-Thu 6:50-9:25 Pompéi 3D (G) Fri-Sun 12:50-3:30-7:20-9:40 Mon 7:20-9:40 Tue 12:50-3:30-7:20-9:40 Wed-Thu 7:20-9:40 Sans-Arrêt (13+) Fri-Sun 1:10-3:45-7:10-9:45 Mon 7:10-9:45 Tue 1:10-3:45-7:10-9:45 Wed-Thu 7:10-9:45 Un amour infini (G) Fri-Thu 9:30	Le Coq de St-Victor (G) Fri-Sun 1:15-3:20-5:25 Tue 3:20-5:25 Dolphin Tale (G) Sat 11 Endless Love (G) Fri-Sun 8-10:30 Mon 7:30-10 Tue 8-10:30 Wed-Thu 7:30-10 Le film LEGO (G) Fri 1-3:20-5:40-8-10:20 Sat 11-1-3:20-5:40-8-10:20 Sun 1-3:20-5:40-8-10:20 Mon 7:15-10 Tue 3:20-5:40-8-10:20 Wed-Thu 7:15-10 Histoire de dauphin (G) Sat 11 The LEGO Movie (G) Fri-Sun 12:45-3:05-5:25-7:45-10:05 Mon 7:40-10 Tue 3:05-5:25-7:45-10:05 Wed-Thu 7:40-10 M. Peabody et Sherman: Les voyages dans le temps (G) No Passes Fri-Sun 12:30 No Passes Tue 2:55 M. Peabody et Sherman: Les voyages dans le temps 3D (G) No Passes Fri-Sun 2:55-5:20-7:45-10:10 No Passes Mon 7:30-9:55 No Passes Tue 5:20-7:45-10:10 No Passes Wed-Thu 7:30-9:55 Miraculum (G) Fri-Sun 12:15-2:40-5:10-7:40-10:10 Mon 7:30-10 Tue 2:40-5:10-7:40-10:10 Wed-Thu 7:30-10 The Monuments Men (G) Fri-Sun 7:30-10:15 Mon 7:15-10 Tue 7:30-10:15 Wed-Thu 7:15-10 Mr. Peabody & Sherman (G) No Passes Fri-Sun 12:15 No Passes Tue 2:40 Mr. Peabody & Sherman 3D (G) No Passes Fri-Sun 2:40-5:05-7:30-9:55 No Passes Mon 7:10-9:35 No Passes Tue 5:05-7:30-9:55 No Passes Wed-Thu 7:10-9:35 Need for Speed 3D (G) No Passes Thu 9:30 Non-Stop (13+) Fri-Sun 12:15-2:45-5:15-7:45-10:15 Mon 7:30-10 Tue 2:45-5:15-7:45-10:15 Wed-Thu 7:30-10 Star & Strollers Screening Thu 1:30 Opération noisettes (G) Fri-Sun 12:15-3:30-5:45 Tue 3:30-5:45 Pompeii 3D (G) Fri-Sun 12:25-2:55-5:25-7:55-10:25 Mon 7:25-9:55 Tue 2:55-5:25-7:55-10:25 Wed 7:25-9:55 Thu 7 RoboCop (G) Fri-Sun 12:45-2:20-4:55-7:30-10:15 Mon 7:15-10 Tue 2:20-4:55-7:30-10:15 Wed-Thu 7:15-10 Sans-Arrêt (13+) Fri-Sun 12:15-2:35-5-7:30-10 Mon 7:20-9:50 Tue 2:35-5-7:30-10 Wed-Thu 7:20-9:50 Thu 1 Son of God (G) Fri-Sun 1:05-4:05-7:05-10:05 Mon 7:10-9:35 Tue 2-4:45-7:30-10:15 Wed-Thu 7:10-9:35	300: Rise of an Empire 3D (18A) No Passes Fri-Thu 11:55-2:30-5:05-7:40-10:15 Dolphin Tale (G) Sat 11 The LEGO Movie (G) Fri-Thu 11:30-2-7:10-9:40 The LEGO Movie 3D (G) Fri-Thu 4:35-7:10-9:40 The Monuments Men (PG) Fri-Wed 1:40-4:20-7-9:30 Thu 4:20-7-9:30 Star & Strollers Screening Thu 1 Mr. Peabody & Sherman (G) No Passes Fri-Thu 12:30-2:55-5:20-7:45 Mr. Peabody & Sherman 3D (G) No Passes Fri-Thu 12-2:25-4:50-7:15-9:40 Non-Stop (PG) Fri-Wed 11:50-2:25-5-7:35-10:10 Thu 3:30-7:35-10:10 Star & Strollers Screening Thu 1 Son of God (PG) Fri-Thu 12:20-3:30-6:40-9:50
	StarCité Hull 115 boul. du Plateau B Days to Kill (13+) Fri-Sun 12:15-2:40-5:15-7:50-10:20 Mon 7:20-10 Tue 2:40-5:15-7:50-10:20 Wed-Thu 7:20-10 300: la naissance d'un empire 3D (13+) No Passes Fri-Sun 12:15-2:45-5:15-7:45-10:15 No Passes Mon 7:15-9:45 No Passes Tue 2:45-5:15-7:45-10:15 No Passes Wed-Thu 7:15-9:45 300: Rise of an Empire 3D (13+) No Passes Fri-Sun 12:30-3-5:30-8-10:30 No Passes Mon 7:30-10 No Passes Tue 3-5:30-8-10:30 No Passes Wed-Thu 7:30-10 Belle et Sébastien (G) Fri-Sun 12:20-2:45-5:10-7:35-9:55 Mon 7:10-9:35 Tue 2:45-5:10-7:35-9:55 Wed-Thu 7:10-9:35		SilverCity 2385 City Park Dr. 12 Years a Slave (14A) Fri-Tue 1-4-7-10 Wed 4-7-10 Thu 1-4-7-10 Star & Strollers Screening Wed 1 3 Days to Kill (PG) Fri-Thu 1:50-5:05-8-10:45 300: Rise of an Empire — An IMAX 3D Experience (18A) No Passes Fri-Tue 12:25-3-5:25-8:10-10:45 No Passes Wed-Thu 12:25-3-5:35-8:10-10:45 300: Rise of an Empire 3D (18A) No Passes Fri-Thu 11:55-2:20-4:55-7:30-10:05 About Last Night (14A) Fri 12:30-2:55-5:30-8:15-10:40 Sat 2:55-5:30-8:15-10:40 Sun-Wed 12:30-2:55-5:30-8:15-10:40 Thu 12:30-2:55-5:20-10:55 American Hustle (14A) Fri-Sat 12:50-4-7:15-10:30 Sun 4-7:15-10:30 Mon-Tue 12:50-4-7:15-10:30 Wed 12:50-4-10:30 Thu 12:50-4-7:45 Bad Words (14A) Thu 7 Dolphin Tale (G) Sat 11 In Fear (14A) Thu 7:30 The LEGO Movie (G) Fri 1:45-4:20 Sat 11:20-1:45-4:20 Sun-Thu 1:45-4:20 The LEGO Movie 3D (G) Fri-Thu 12-2:25-4:50-7:20-9:50 The Monuments Men (PG) Fri 2:15-5-7:45-10:35 Sat 11:30-2:15-5-7:45-10:35 Sun-Thu 2:15-5-7:45-10:35 Mr. Peabody & Sherman (G) No Passes Fri-Thu 11:50-2:10-4:45-7:10 No Passes Wed 11:50-2:10-4:45-7:10-7:50 No Passes Thu 11:50-2:10-4:45-7:10 Mr. Peabody & Sherman 3D (G) No Passes Fri-Tue 12:20-2:50-5:25-7:50-10:15

Gotta be room for Gus on Breaking Bad spin-off

Better Call Saul. Add Giancarlo Esposito to the list of Breaking Bad alumni itching to join the drama's upcoming prequel

Giancarlo Esposito says he believes there's room for his drug kingpin character Gustavo Fring in the hotly anticipated spin-off to Breaking Bad, which centres on the dealings of sleazy lawyer Saul Goodman before he hooks up with meth-maker Walter White.

"I don't know how much room but certainly it takes place pre-Walt so there is that space in that moment of time to have Gustavo realized in that show, it certainly is completely possible," Esposito said in a recent phone interview to promote an appearance at Toronto Comicon this weekend.

Speaking from the set of his current series, Revolution, in Austin, Tex., the veteran actor says he considers the ruthless Fring to be one of the best roles of his career,

Quoted

"I would always love to return to them because I think Vince is brilliant at what he does and I love the cast that he put together."

Giancarlo Esposito, on getting the chance to work on Better Call Saul



Giancarlo Esposito, left, in a scene from Breaking Bad. GREGORY PETERS/AMC

and credits Breaking Bad creator Vince Gilligan with the opportunity.

He would love for their TV partnership to continue.

"My people have talked to his people," Esposito says of Gilligan, who is listed as a co-creator on Better Call Saul.

"They're in the writers' room now so they have to formulate exactly what the show is but they've asked if there would be any interest if they were able to figure it out. I always would love to return to them because I think

Vince is brilliant at what he does and I love the cast that he put together. To be back with the Breaking Bad family is a very specific and very wonderful way to work."

The Emmy-winning Breaking Bad ended last year after five seasons.

Gilligan has said he'd welcome cameos from Breaking Bad actors in Better Call Saul, which will return Bob Odenkirk to the role of an Albuquerque attorney whose bread-and-butter is defending low-level criminals.

Breaking Bad co-star Aaron Paul, who played Walt's student-turned-sidekick, has said he's game for revisiting Jesse Pinkman and has been in talks about bringing his character on board.

But it isn't clear if there will be room for Breaking Bad star Bryan Cranston, whose science-teacher-turned-dealer Walter White relied on Saul's money-laundering schemes as his empire grew.

One character that has reportedly been confirmed is Saul's trusted private in-

vestigator/fixer Mike Ehrmantraut, played by Jonathan Banks. And that may be Gus' avenue into the show.

Fans of Breaking Bad know that Mike also worked as security chief at Los Pollos Hermanos, the chicken chain Gus used to launder his drug spoils, and was an enforcer in Gus's drug operation.

If Gus is ever brought into the show, Esposito says he's confident it would be a natural fit to the overall Breaking Bad story.

Multi-tasker

Esposito, who's been acting for 47 years, says Breaking Bad came at an especially busy time in his career.

- At the same time he worked on the AMC drama, he was on the fantasy series Once Upon a Time and the sitcom Community — with each appealing to radically different audiences.
- He credits that array of roles with helping him land his current heavyweight part as Tom Neville on the sci-fi series Revolution.

"These writers are really good and they have a great way to be able to truthfully bring someone back."

Esposito will be discussing his varied career at Toronto Comicon when it kicks off Friday.

He expects fans will seek him out for his turn in Breaking Bad more than his other roles, and looks forward to seeing — and signing — several Los Pollos Hermanos T-shirts.

"I always have probably as good, or better, a time than they do because I just take a thousand pictures of people who come up to me," he says of fan events.

"They've committed to dress up, to look great, to have fun. There's something to be said about that."

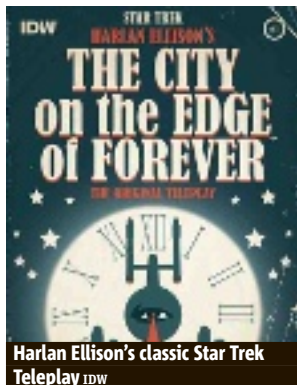
THE CANADIAN PRESS

Star Trek. Harlan Ellison's City on the Edge of Forever to be expanded in comic

Harlan Ellison's classic Star Trek tale City on the Edge of Forever is getting its complete, expanded and original adaptation in a five-part comic book series more than four decades after it aired on television.

Ellison said the adaptation — titled Star Trek: Harlan Ellison's City on the Edge of Forever: The Original Teleplay and done in partnership with CBS Consumer Products and San Diego-based IDW Publishing — stays true to his original telling and intent, and also expands what appeared on the television series in 1967 to its full form.

IDW has taken Ellison's script and is doing the series "line by line" with writers Scott and David Tipton and art by J.K. Woodward, along with Chris



Ryall, IDW's chief creative officer and editor-in-chief.

"It's a very simple love story between the captain of the Enterprise who goes back through a time portal to save the future because he believes, as Einstein

did, that time is a river that flows endlessly through the universe and you cannot step in the same river twice," Ellison said.

But in doing so, history is changed and its effects are far-reaching, negating the Enterprise and its existence. Kirk and Spock, who are trapped in the Depression-era 1930s, have to figure out which rock redirected the stream of time and remove it.

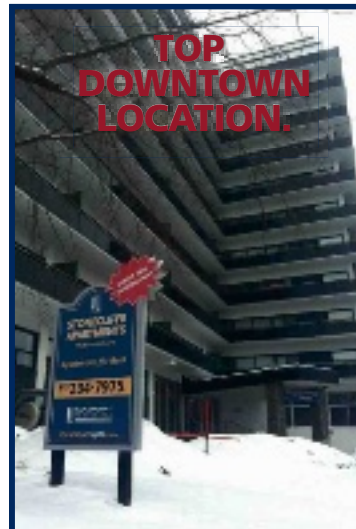
The series, out starting in May, elaborates on their efforts and isn't constrained by television time slots or the original episode.

Ryall noted that the adaptation tells Ellison's story "the way he wanted" visually.

THE ASSOCIATED PRESS

Apartment Finder

March 7



Stonecliffe Apartments

175 Bronson (@ Laurier)

Newly Renovated Bachelor, 1 & 2 Bedroom Units

GREAT PRICES

Starting from **\$899**

- Heat & Hot Water Included
- Large Balconies
- Hardwood Flooring
- Indoor & Outdoor Parking
- Fitness Room
- Laundry on every floor
- Spectacular Views

613-234-7975
ParamountApts.com



**To advertise please call
Phil Zenebisis at 613-369-5442**

Crash! Clank! Canuck, eh!

Exclusively online

Discover more of Canada's superhero past and present online at metronews.ca

- **Wolverine.** The great north is home to a pen-and-ink comic book history that is more than just pulp fiction. From Captain Canuck to Nelvana of the Northern Lights; Wolverine to Northguard, go online for an interactive map of Canadian superheroes.



- **First comic.** While the first edition of Nelvana of the Northern Lights cost 15 cents in the 1940s, you can read it online for free. Find out how Nelvana descended to earth after being called by Chief Tadjo to defeat the evil Commander Toroff.

- **Fan art.** When it came to how Nelvana would be illustrated, comic creator Adrian Dingle had some ideas of appropriate Arctic wear: a fur-trimmed mini-skirt, knee-high boots, matching gloves and headband, and a magical cape. While fans of the Inuit demi goddess aren't apt to wrap her in a Canada Goose jacket, they do have their own opinions about how Nelvana should look in 2014. Go to metronews.ca/nelvana to see some of their works.



Canada's own super hero. Captain Canuck, the boy scout with superhuman strength, has been reinvisioned for a new generation

DEAN LISK
lisk@metronews.ca

When it comes to updating a disco-era comic book character for an action-filled generation, you need to make some crucial changes.

"These days, the whole idea of a superhero in tights doesn't really exist," said Fadi Hakim. "You do need boots. You need that sort of thing."

Hakim is one of the creative minds behind the revamped Captain Canuck, a red-and-white clad superhero who first leapt — he doesn't fly but he has superhuman strength — from the comic book pages in 1975.

The series was temporarily shelved in 1976, but was back in stores from 1979 to 1981. A second version of Canuck appeared in 1993, then a third in 2004, but these were both limited runs.

Fast forward a decade, where the highest rated films chronicle the ka-pows, whacks and prak-praks of the X-Men, Justice League and Dark Knight, and the time appeared right for Canuck to reemerge from the Canadian wilderness of forgotten superheroes.

A new five-part web series featuring Canuck wrapped up this week (more are planned), a live-action suit has been unveiled for public appearances, and the film rights have been bought by Minds Eye Entertainment. Fans are even creating their own art based on the characters in the series.

"He is a boy scout that is a little apologetic and tongue in cheek," said Hakim, president of Captain Canuck Inc. and owner of Toronto's Lakeview Restaurant, about this new incarnation.

You see those qualities in the first episode of the web series. Canuck weaves his way through a Canada Day crowd on Parliament Hill in a rush to defuse a bomb. "Sorry, miss," he says to a female fan before interrupting a Platinum Blonde concert to locate the explosive.



Captain Canuck saves the day. CONTRIBUTED

Anthology

Resurrecting Nelvana

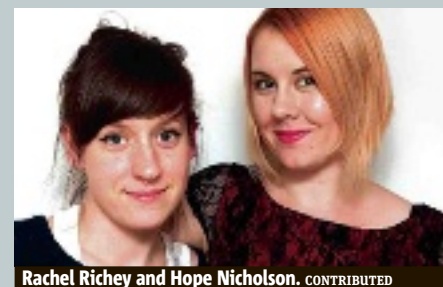
Captain Canuck isn't the only Canadian superhero emerging from the protective hands of comic book collectors or the dog-eared, twine-tied stacks in musty basements.

Pre-dating Wonder Woman, Nelvana of the North first appeared in comics in 1941 and ran for 31 issues.

The tribal legends about the witch-like daughter of Koliak, King of the Northern Lights, inspired comic creator Adrian Dingle to pen a story about Canada's first female superhero.

CGA Comics' Hope Nicholson and her partner, Rachel Richey, launched a Kickstarter campaign last year to raise money to publish a complete anthology of all the Nelvana comics. Within five days they reached — and then doubled — their goal of \$25,000. This spring, the 350-page book will be sent out to the project's crowdfunders.

"She is amazingly drawn, she is an Inuit super goddess, which is something that is really unusual," said



Rachel Richey and Hope Nicholson. CONTRIBUTED

Nicholson. "It is extremely Canadian. She actually, in one issue, arrives on a polar bear into battle, which is where Nelvana animation got its logo of a polar bear."

To create the anthology, they went to about 13 different private and public collections across Canada to scan each page.

They managed to get all of them except for one which they could not find, said Nicholson, who also produced the Canadian superhero documentary *Lost Heroes*, currently airing on Super Channel. "It was in one private collector's collection but it was too damaged to scan, so I had to go to a reference library yesterday to get a microfiche scan." DEAN LISK



"Exploring Canadian identity is amazing," said Hakim. "It is very simple to play on that dry sense of humour that is almost clichéd, but we Canadians hold that dear, and it is important to us. That is what Captain Canuck is."

It was that representation of Canadian identity that first attracted Hakim to the character. He was six years old when he came across a Canuck comic at the

Dixie Flea Market near Toronto Pearson International Airport. The '70s comic followed the adventures of Tom Evans, a secret agent living in a futuristic 1993, who gains supernatural powers after an encounter with extraterrestrials.

"I had my own money, 25 cents, and I bought Captain Canuck No. 1," he said. "I didn't remember reading the story but I do remember getting as many issues as I could.

He was a patriotic character. He was vibrant. And then 'Canuck,' I didn't really know what 'Canuck' meant.

"I was born here, but am first generation, and, you know, singing O Canada in class, and the flag, and to see that in a comic book ... It puts things in perspective."

Hakim went from buying Canuck comics to introducing the character to a new generation after he met Richard Comely, the comic's

Voicing the Captain

In the web series, Captain Canuck is voiced by Kristen Holden-Ried (Lost Girl, The Tudors), with Paul Amos (Lost Girl), Laura Vandervoort (Smallville) and Golden Globe nominee Tatiana Maslany (Orphan Black) also lending their voices to characters. The five episode series can be viewed at captaincanuck.com.

creator. Hakim wanted to use the superhero's likeness on his restaurant's menu and approached Comely to see if he would allow it.

"I took a chance and emailed Richard and I couldn't believe it when he got back to me," said Hakim.

When the license for Captain Canuck became available, Hakim acquired the rights. One of the first people he brought on board to revamp the character was Paul Gardner.

"As a kid, I came from Scotland and I discovered the comic," said Gardner, creative director at Captain Canuck Inc. "I had Captain Britain over there, and they didn't have it here. Then, I saw Captain Canuck on a shelf, picked it up and fell in love with it. My way into Canada was sort of through the comic book."

The first question they asked themselves is what they would keep from the original series. "It went from being a fantasy — the big blue sky — to how do we do this practically so we don't have fans hate us," said Gardner. "It takes a village to raise a child; it's the same as taking a property like this."

While they changed the suit, and switched the gender of the character Blue Fox from male to female, they stuck to the spirit of Captain Canuck as a big boy scout with a conscious.

"We wanted to make this all inclusive, we wanted to make sure we stuck to our female audience and brought a bit more balance to the characters," said Gardner. "There is a big female audience."

"There are no big breasts, there is none of that nonsense," said Hakim. "So far, so great. We are growing it slowly, we are keeping it independent to the point where we have enough of a following we can take it to a bigger audiences."

The man inside the leather

How do you dress Captain Canuck? Not in tights, that's for sure, says David Pea, president of UD Replicas. "There is a lot of 'been there done that' with spandex. They can be convincing and realistic but they can also look cheap," he says.

Pea's Toronto-based company makes motorcycle suit replicas of pop culture costumes, from the Dark Knight and Man of Steel to KISS jackets and Star Wars.

"What the studios do with millions of dollars and massive budgets to create their costumes on films we have to some-

how reproduce out of leather for the public," he said.

Late last summer, Pea was approached to create a Captain Canuck suit. The costume was shown for the first time at Thursday's premiere of episode five of the animated series in Toronto.

"In the cartoon, Canuck has big shoulders, no waist and a little head, and they had to figure out how to get all that to work on a real person without it looking silly," says Pea. "It had to be done with human proportions." **METRO**

The mask

Taken from a life cast, a clay mold was later injected with red-and-white urethane rubber (the same stuff used for car bumpers and tires). Red earpieces were later attached and blue mesh lenses were placed in the eye sockets. "It looks bad-ass," says Pea, adding Canuck wears the mask over a white balaclava.

The maple leaves

There is the large, main maple leaf on the chest and on the back, but maple leaves were also silk-screened on each of the shoulders.

The effect

"It doesn't matter what you are built like when you put on our stuff," says Pea. "Even if our suits are too big on you, it naturally looks skin tight because of the muscle-wrapping design we have done. He is going to look like a tank. It is going to look like he has zero body fat."

The muscles

The Captain's shoulders, biceps, triceps, thighs and six-pack (more like eight-pack) were sculpted out of motorcycle-grade foam-body armour. The leather was then glued to the muscles and worked into the creases to make the suit look skin tight. It took more than a month to complete this phase.

The fabrics

The jackets and pants are made from a white heavy-grained Napa leather and two types of red suede. There is darker red suede for the details and a brighter red covered in silicone hexagon print. "It is a 3D-raised print and you can feel it with your finger when you run it across it. That was a nightmare to do, I am not going to lie," says Pea. "The philosophy of the character had to fit. He is a Canadian hero, so the fact it is made of something a little sturdier than spandex makes sense with our weather."

The boots

Also custom made, the knee-high boots are deep red with white trim. Snap buckles on the sides allow Canuck to pull them on. "These are the sexiest and coolest boots we have ever made and they scream Canada. There is no mistaking them for anyone but Captain Canuck." For the record, Canuck wears a size 11.

Canuck talk

Captain Canuck spared a few minutes from his crime-fighting crusade to answer a few need-to-know questions. Here is what red and white had to say:

Who is a Canadian hero?

Chris Hadfield sets an amazing example for all young Canadians — and he's one of the only men I know who can fly in space! A close second would be the True Patriot Love organization, which looks after all the men and women who risk their lives in military service.

Who is a zero?

There's a villain named Vex giving a succubus friend of mine a hard time recently. Reminds me I've got to return her Rush CDs...

What superhero would you like to go out with?

I don't have much of a personal life these days, but I did I hear Tessa Virtue's time has freed up recently.

Who is more patriotic, you or Captain America?

Being a patriot is not a contest for either of us. Curling, on the other hand... **METRO**

A brief history of comics

It's time to stop thinking 'comedians' when you hear the words 'Canada' and 'comics.' Here is a quick sampling of some of our illustrious illustrated past and present:

Johnny Canuck

Created as a political cartoon in the 1800s, this national personification was Canada's answer to Great Britain's John Bull and the U.S.'s Uncle Sam. Just like Barbie, Canuck was depicted as everything from a soldier to a "habitant" and a lumberjack — which is the basis for the Vancouver Canuck's logo.



Superman



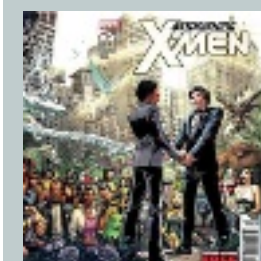
We've all seen the "It will never fly" heritage moment; in 1933, Jerry Siegel and his Canadian cousin Joe Shuster created the building-leaping Man of Steel. Some of the original elements in the strip, like the name of the newspaper Clark Kent worked at, were inspired by Shuster's Toronto upbringing.

Golden Age of comics

When the War Exchange Conservation Act banned the import of luxury goods from the United States — yes, comics included — in the 1940s, a Golden Age of comics was started in Canada. Johnny Canuck was updated and new characters, like Nelvana of the Northern Lights, were introduced.

X-Men

Introduced in 1963, the popular comic series about humans with mutant powers had storylines take place in Canada — including how Alberta-born Wolverine had his skeleton bonded with Adamantium. The film series was partially shot in Canada, with Canuck actors portraying some of the key characters. Among them are Halifax's Ellen Page as Kitty Pryde, Shawn Ashmore as Iceman, and Canadian-born Anna Paquin as Rogue.



Alpha Flight and Northstar

First appearing in a 1979 edition of Uncanny X-Men, Alpha Flight was an all-Canadian superhero team that tried to capture Wolverine and bring him back to Canada. The team is made up of French, English and First Nation characters,

and was spun-off into its own series. One ember of Alpha Flight, Northstar — Montreal-born Jean-Paul Beaubier — was one of the first openly gay comic book characters, and even married his partner, Kyle Jinadu, in 2012.

Tom McFarlane

A Calgary native, McFarlane worked on a number of famous comics in the '80s and '90s before creating his own character, the anti-hero Spawn.



Graphic novels

In recent years, Canadian cartoonists like Seth (Palookaville), Chester Brown (Louis Riel, Paying for It) and Bryan Lee O'Malley (the Scott Pilgrim series) have received acclaim for their graphic novels. **METRO**

Time to summon his Inner Ninja: Classified co-hosts Junos on the fly

Winging it. East Coast rapper admits he hasn't rehearsed much, but thinks things might turn out better that way

After performing at two of the last four Juno Awards, East Coast rapper Classified was pretty sure he was going to have to take this year off.

The 36-year-old has a lengthy Canadian tour on both sides of this year's gala, to be held at Winnipeg's MTS Centre. Sure, he fortuitously has one night off and it's the same evening as the March 30 gala, but when Juno organizers reached out to him roughly two weeks ago about co-hosting the show with fellow nominees Serena Ryder and Johnny Reid, he was nearly certain he wasn't going to be able to do it.



Classified appears at the Juno Awards in Ottawa back in 2012. This year, he's accepted a last-minute gig as a co-host.
THE CANADIAN PRESS FILE

Quoted

"I don't know anything. That's the crazy thing about it. I figure they're going to start sending over some ideas of what we want to do."

Canadian rapper Classified

be better for me," he said. "Because I don't know about this hosting stuff. I don't know how good I am at hosting. I make music. But I think it'll be fun."

He'll have help, of course. And it's the first time in recent memory the Junos have opted for a host-by-committee approach.

The event has recently been led by such hosts as crooner Michael Bublé, Toronto rap royalty Drake and hammy Star Trek alumnus William Shatner, while starry hosts of Junos past include Shania Twain, Nelly Furtado and Alanis Morissette.

For their part, Reid, Ryder and Classified have carved out significant Juno success in recent years. The trio of platinum-selling artists has collected 35 career Juno nominations and eight wins, while Ryder is one of this year's marquee nominees with five nods. Montreal's Arcade Fire leads with six nominations.

Classified is a two-time nominee this year after securing his first win last year, for rap recording of the year for his aforementioned multi-platinum David Myles collaboration Inner Ninja. They even performed the tune at last year's ceremony.

Oddly, the same song is nominated again this time out, but for single of the year.

Double-dips like that are possible because there's always a small overlap between Junos eligibility periods, and Inner Ninja was serendipitously released during that grey area.

Still, even Classified — whose real name is Luke Boyd — admits he was a little mystified at first.

"It's kind of weird. Even when I found out, I was like, 'How the hell did that happen?'" he said with a laugh. "Basically, Inner Ninja was only out for a month or two last year when the Junos happened, so it did a little bit, but it didn't do half of what it's done over the year."

"It went on to sell a half a million copies and they just couldn't ignore that. 'OK, this is the biggest-selling Canadian song last year, and we have to nominate it in more than just the rap categories.' ... (But) it kind of threw me off guard too."

He'll open the show with a joint performance with Serena Ryder combining two of their songs and he says they'd actually bandied about ideas for a collaboration even before the Junos co-hosting gig came up.

Otherwise, what can viewers expect to see from Classified as Junos host?

"This stuff is fun for me," he said. "This shouldn't be work." **THE CANADIAN PRESS**

But organizers "really wanted to make it happen," he said. So it's happening, though with scant time for preparation or rehearsal, the Inner Ninja rapper will indeed have to be quick and nimble on his feet.

"I've seen what these Juno hosts go through — they're usually there at least Thursday or Friday, rehearsing, going through all this stuff," the affable MC said down the line from Enfield, N.S., on Wednesday morning.

"I'm flying in either Saturday night or Sunday morning and we'll figure it out the day before and go for it."

The rushed nature of the gig, he muses, might actually settle his nerves. "(It) might



You love your cat... but not the allergy

Cat allergy symptoms such as **itchy and watery eyes, sneezing and stuffy nose** can make you feel miserable. If you have tried different treatments with little or no relief, there may be another option for you.



Local doctors are conducting a research study of an investigational treatment to see if it helps reduce the symptoms associated with cat allergy. If you are between

the ages of 12 and 65 and have experienced cat allergy symptoms for at least two years you may qualify.

Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

To learn more, please contact:
613-725-2102 ext 224
www.yangmedicine.com

www.thecatallergystudy.com

Battle of the books

The Orenda wins CBC's Canada Reads contest

The Orenda by Scotiabank Giller Prize-winning author Joseph Boyden is the new Canada Reads champ.

Hosted by Jian Ghomeshi, the CBC contest features five books that are championed by celebrity panellists.

The Orenda — a historical tale involving Jesuit missionaries and the Huron and Iroquois — was backed by journalist

and aboriginal activist Wab Kinew.

The winning book was announced after four days of debate and voting.

The Orenda edged out Cockroach by Rawi Hage, which was defended by Samantha Bee of The Daily Show.

The other books voted off were: The Year of the Flood by Margaret Atwood (defended by Stephen Lewis), Half-Blood Blues by Esi Edugyan (defended by Donovan Bailey) and Annabel by Kathleen Winter (defended by Sarah Gadon).

THE CANADIAN PRESS

Story Prize

George Saunders' story collection awarded \$20K

George Saunders' acclaimed story collection Tenth of December has won a \$20,000 US prize for short fiction. Saunders, who lives in New York and is known for his dark humour and class consciousness, won the 10th annual Story Prize. The two runners-up were Andrea Barrett's Archangel and Rebecca Lee's Bobcat.

THE ASSOCIATED PRESS

One isn't always the loneliest number

All by myself. No longer a duo, Trust's Robert Alfons breaks new musical ground on sophomore effort

Two years ago, Trust's Robert Alfons both released the Toronto electro-goth duo's debut TRST and promptly became a solo act with the departure of founding member Maya Postepski.

Although he says now he wasn't surprised by Postepski leaving the band to focus on her role in Austra, the timing nonetheless seemed inopportune.

Trust had introduced itself to acclaim — including a Juno Award nomination and positive notices from Pitchfork, NME and the Guardian — and the task of crafting a worthy follow-up now fell to Alfons alone.

But Alfons insists the experience of making the just-released Joyland wasn't drastically different from making the first album.

"There's definitely an added



Robert Alfons had to rely solely on himself during the making of Joyland, released this month. CONTRIBUTED

spotlight of sorts," he acknowledged in a recent phone interview.

"The hardest part about not having a collaborator is you just have to edit your own work and

you have to be really firm about what direction to go. I think that's the biggest change.

Quoted

"This record is a lot more playful. I felt allowed to do those sort of things."

Robert Alfons, on choosing to experiment more on Trust's second record

"(But) I always question myself. Constantly. It's good. It keeps me humble. It makes the work I end up doing more thought out and I'm not just throwing ideas out."

Even if the creative process was only a "little different" for Alfons, the resultant record switches things up by adding a more dramatic flair.

Mostly, Alfons has opened the blinds. Where TRST was resolutely gloomy — if filtered in stylish monochrome — Joyland finds Alfons brightening the room.

The neon synths of Geryon, the euphoric chorus of highlight track Capitol, or the galloping verses in Peer Pressure might have all sounded out of place on Trust's unwaveringly focused debut. In fact, some songs

— like the sugary title track — were written before TRST even came out, but Alfons knew at the time that they wouldn't fit on the debut effort.

"This record is a lot more playful," he agreed. "I felt allowed to do those sort of things."

"There's certain ideas I didn't allow myself to discover on the first time, to indulge myself in," he added.

He felt similarly freer this time around to continue to push the already prodigious range of his unique voice, capable of segueing from the alien falsetto of the title track to the flinty monotone murmuring on Geryon.

"I think I tried new things. I think some of it sounds different. That's confusing for people. **THE CANADIAN PRESS**

Long Island Medium. Theresa Caputo talks season 5, contacting the other side

Theresa Caputo, the woman better known to many as the Long Island Medium, is back on Sunday night with new episodes of her hit series. In Long Island Medium: On the Road, Caputo travels the U.S., surprising people with readings about their deceased loved ones (she even does one at a prison). But the drama also unfolds closer to home, with Caputo learning of her daughter's desire to try pole dancing and deciding to — possibly — change up her famous hairdo. The medium is so busy, we couldn't even get her on the phone for an interview, but she did find some time to respond to our questions via email.

What's the hardest part of balancing your show, family, clients and spirit?

The hardest part of balancing is finding enough time in the day to connect with everyone.

Can you talk about what it feels like when you're getting messages from the other side? What are you seeing or hearing?

I see shadows and silhouettes. I feel the emotional bond that you shared with them and the way that they passed. I also feel my clients' emotions — their sadness, guilt, grief — and any



Caputo returns Sunday night for a fifth season of Long Island Medium. TLC

burdens they might be carrying.

What are some of your favourite moments you've had reading people?

I feel that every reading is special and unique and has its own amazing moment. The most amazing moment for me in every reading is watching the transformation from sadness, grief and sorrow to happiness, joy and laughter (because after the loss of a loved one we tend to forget the happy times).

Is it ever frightening when you're doing a reading?

No. I am never frightened because I only asked for the highest good of all concerned and positive messages.

What do you say to those who are skeptical of your abilities?

Listen, everyone is entitled to their own beliefs, but this isn't about me. This is about spirit validating to each and every one of us that there truly is more to life than just here in the physical world, and that they are still here with us just in a different way.

What can we look forward to this season? Is there really a change to your signature hairstyle?

You will just have to wait and see on March 9 on TLC. LOL! Change is in the eye of the beholder.

MAX PRINZ/METRO WORLD NEWS

ALL SEVEN HARRY POTTER BOOKS IN SEVENTY HILARIOUS MINUTES!

"YOU'RE GONNA LOVE THIS SHOW!" —TORONTO STAR

"POTTED POTTER IS A GODSEND!" —NEW YORK TIMES

POTTED POTTER

THE UNAUTHORIZED HARRY EXPERIENCE
A PARODY BY DAN AND JEFF

The Toronto Star CRITIC'S PICK

New York Times CRITIC'S PICK

The New York Times CRITIC'S PICK

Chicago Daily Herald CRITIC'S PICK

GET 1,000 SCENETM POINTS!*

MARCH 10 - 13

NATIONAL ARTS CENTRE
WWW.NAC-CNA.CA

ticketmaster.ca
1-888-991-2787 (ARTS)

*SCENE MEMBERS ONLY. BUY A TICKET FOR POTTED POTTER AND YOU'LL GET 1,000 SCENETM POINTS. THAT'S ENOUGH FOR A FREE MOVIE! BUY TICKETS ONLINE AT TICKETMASTER.CA AND USE CODE: POTTEDSCENE

Mind the App

Wander the Canadian wilderness

MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

Wild Canada
iPhone/iPad
Free

This impressive companion to the new CBC TV series is an atmospheric journey through our country's wildlife, landscape, and people using interactive binoculars, bird flights, HD video clips and infographics.



Video game review

Name. Plants Vs. Zombies: Garden Warfare

For. Xbox One/Xbox 360

Rated. Everyone 10+

• • • • •

This game won't play without an Xbox Live subscription and will restrict you to playing just with friends online, not on your couch. These are frustrating demands for an otherwise fun time. You run and shoot, either together to protect a garden or against each other in teams. The fun is in unlocking zany upgrades such as jet packs, drones, and disco zombies. Things really do become "craazy" while somehow remaining balanced. That's until EA's servers drop your session, turning what should be a fantastic experience into a problematic one. **KRIS ABEL**



3 songs for the weekend



SOUND CHECK
Alan Cross
scene@metronews.ca

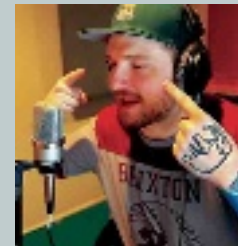
A little old, a little new, and a tongue-twister that will leave you speechless.

**The Day I Tried to Live (Rehearsal)/ Soundgarden**

Listen in as Soundgarden works out how this future single from 1994's Superunknown should sound. Expect more material like this with the album's 20th anniversary reissue on June 3.

TV/Superfood

Speaking of how things were back in the day, this brand new track from the U.K.'s Superfood would not sound out of place if it had been released in 1994 at the height of Britpop craziness. Interesting how things have come full circle, isn't it?

**Alphabet Insanity/ Mac Lethal**

This alphabetical alliteration will amaze all. Lethal's YouTube channel, Therapy, Fast Rap and Drunken, features even more tongue-twisters.

Call him Mr. Fahrenheit

Lambert will rock you on Queen's 19-date U.S. tour

Adam Lambert has never paid attention to the haters, and he won't start now as the lead singer for the rock band Queen on their upcoming summer tour.

"You just can't focus on that crap, especially in today's day and age, the Internet, and everybody has an opinion and a comment. That's not why we do this," Lambert said.

Lambert first performed with Queen in 2009 when he was a contestant on American Idol, where he placed second. The band and Lambert have since performed together, including last year's iHeartRadio Music Festival in Las Vegas and a European tour in 2012.

This summer's 19-date U.S. tour kicks off June 19 in Chicago. It wraps up July 20 in Washington, D.C. Tickets are scheduled to go on sale Friday.

THE ASSOCIATED PRESS



A First Stop for Newcomers to Canada

Un premier arrêt pour les nouveaux arrivants au Canada

To learn more, visit our **Newcomer Information Centre.**

Pour en savoir davantage, visitez notre **Infocentre du nouvel arrivant.**

Taggart Family Y, 4th Floor
180 Argyle Ave

Y de la famille Taggart,
4e étage | 180 ave Argyle

613-788-5001
nic@ymcaywca.ca

ymcaywca.ca



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

YMCA-YWCA of the
National Capital Region

YMCA-YWCA de la
région de la capitale nationale



O'Neal hopes everybody will be Shaq Fu funding

Video game. Hoops superstar crowd-funds to revive original that was a little bit frightening

Shaq wants to be back in a video game.

Shaqille O'Neal says he's seeking redemption for Shaq Fu, his infamous fighting game originally released in 1994 that's now considered to be among the worst games ever made. The four-time NBA champion is launching a crowd-funding campaign to create a Shaq Fu follow-up titled Shaq Fu: A Legend Reborn.

In return, backers could receive anything from a pair of autographed size-22 sneakers to a pick-up basketball game and lunch with Shaq, depending on how much they donate.

"The old Shaq Fu was a 'Ha, ha, ha,'" said O'Neal in a telephone interview this week. "This will not be a 'Ha, ha, ha.'"

In the original Shaq Fu, O'Neal's character stumbles across a kung fu dojo while taking a break from playing a charity basketball game in Tokyo. He discovers a portal inside to another dimension

where he engages in Mortal Kombat-like battles with such characters as an evil mummy, voodoo priestess and cyborg police officer.

The game was derided by Shaq fans for its cheesy story, wonky controls and blatant attempt to cash in on O'Neal's superstar status. Shaq Fu prompted one group of gamers to create the site ShaqFu.com and post photos and videos of fans destroying copies of Shaq Fu in unusual ways.

"I don't think it was the worst," said O'Neal. "When you talk about the worst, you've got to talk about sales. I actually sold a lot of games, but when I did the first Shaq Fu, that was at the end of analog right before digital came out. It wasn't a bad game. It wasn't a good game, but it wasn't awful."

Unlike the original Shaq Fu released by Electronic Arts, Shaq Fu: A Legend Reborn will be a beat-'em-up game created by Big Dee Productions in the style of Streets of Rage. The studio said A Legend Reborn will feature Shaq taking on hordes of enemies with hundreds of different moves, as well as melee weapons, in various levels. The game's soundtrack will be created by Steve Molitz and feature remixed

renditions of Shaq songs.

"The graphics, animation and storyline are definitely going to be top of the line," said O'Neal.

Utilizing crowd-funding services such as Indiegogo and Kickstarter has become an increasingly popular method for game developers to fund new titles. Kickstarter said earlier this week that more money has been pledged to game pro-

jects than any other category since the site launched in 2009.

However, that's typically for small indie or niche game-makers. Why is a multimillionaire like O'Neal asking fans to open their wallets to resurrect Shaq Fu instead of simply coming up with the cash himself?

"That's just the new way of doing business," said O'Neal, who retired from the NBA in 2011. **THE ASSOCIATED PRESS**

What a donation to the game will get you

Shaq Fu funders who donate \$15 on the game's Indiegogo site will receive a copy of the game, while those who donate big bucks will be granted various prizes and opportunities, such as:

- \$400 for admission to a

Shaq-Fu launch party; \$600 for O'Neal to record an outgoing voice mail message; \$3,000 for a size 22 sneaker signed by O'Neal; \$15,000 for lunch and a pick-up basketball game at one of O'Neal's houses.

Name of the game

"I have a big social following, so everyone will have their hand in it. As a businessman, you have to take advantage of all available options."

Shaqille O'Neal on why he's asking fans to open their wallets to resurrect Shaq Fu



A screenshot of the video game, Shaq Fu: A Legend Reborn.
BIG DEEZ PRODUCTIONS/INDIEGOGO/THE ASSOCIATED PRESS

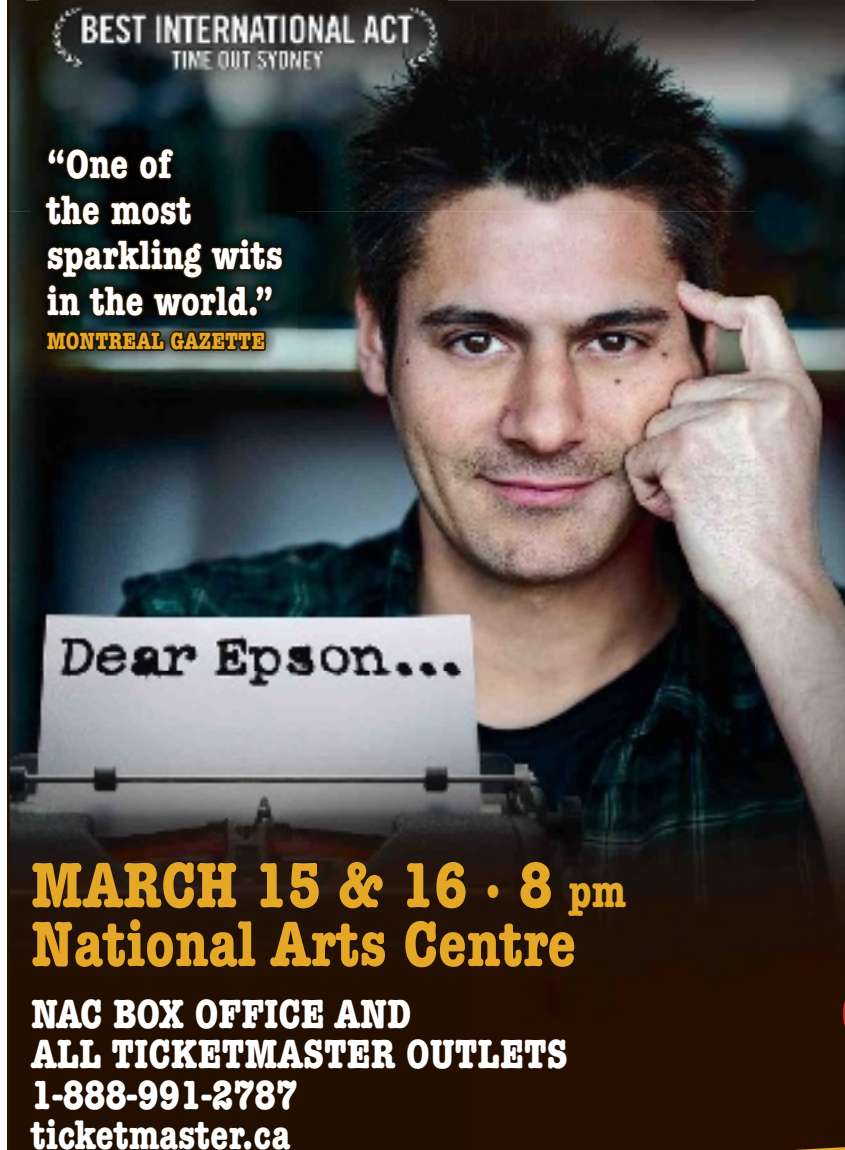
THE METRO NEWS JUST FOR LAUGHS DANNY BHOY CONTEST

DANNY BHOY

BEST INTERNATIONAL ACT
TIME OUT SYDNEY

"One of the most sparkling wits in the world."

MONTREAL GAZETTE



MARCH 15 & 16 • 8 pm
National Arts Centre

NAC BOX OFFICE AND ALL TICKETMASTER OUTLETS
1-888-991-2787
ticketmaster.ca

Ottawa portion of contest closes March 10, 2014 at noon. Open to Canadian residents, excluding Quebec, 18 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two (2) to Glasgow, Scotland, which includes return airfare to Glasgow, Scotland for two (2) people, on Air Transat, from the major Canadian airport closest to the selected entrant's place of residence that has direct Air Transat flights to Glasgow (i.e., the following airports: Toronto Pearson International, Calgary International Airport and Vancouver International Airport), four (4) nights hotel accommodation, courtesy of the British Council, total prize valued at approximately \$5,000 CAD (based upon departure from Toronto, actual value may vary depending upon time and place of departure).

Media partner
comedy

metr
metronews.ca

BRITISH COUNCIL

Air transat

BRITISH COUNCIL

Air transat

You could win front row tickets and a **TRIP FOR TWO TO SCOTLAND!**

1 Win a pair of front row tickets to Danny Bhoy's Dear Epson Tour at the NAC on March 15!

2 Grand prize: a trip for two to Scotland, including flights, courtesy of Air Transat, and 4 nights accommodation, courtesy of the British Council!

GO TO

WWW.CLUBMETRO.COM

TO ENTER TODAY!



HAHAHA.COM/DANNYBHOY
@OFFICIALBHOY WWW.DANNYBHOY.COM



Justin Bieber ALL PHOTOS GETTY IMAGES

A banner day for Bieber: Police arrest sleeping fan, and release urine test vid

Police in suburban Atlanta arrested a woman they say was found sleeping in a bedroom at a home rented by Justin Bieber. Police say 23-year-old Qianying Zhao was found at the home Wednesday.

She told officers she had come to attend Bieber's birthday party and entered the unoccupied home through an unlocked door. But police say Bieber's party was earlier in the week at another location. She told officers she was Bieber's friend, but investigators believe she's one of millions of fans who follow him on

Twitter. She faces a charge of criminal trespass.

Meanwhile, a Miami police video of Justin Bieber giving a urine sample for a drug test after his arrest on driving under the influence and other charges was released Thursday, with sensitive portions blacked out as ordered by a judge.

The clips show the 20-year-old singer standing behind a low partition to provide the sample. A black box is imposed over his lower half to conceal any glimpse of his genitalia.

THE ASSOCIATED PRESS

JLaw gets off Oscar-free and couldn't be happier

Jennifer Lawrence went home empty-handed from the Oscars last weekend, but apparently that's just fine as far as she's concerned.

"Jennifer said she was so relieved she didn't win because she didn't want to go through what Anne Hathaway experienced. She's very aware that the backlash is already coming anyway," a source tells Radar Online. "She was sort of joking because her and Anne are actually friends, but she just knew that if she won the Oscar again it'd be like a target on her back."

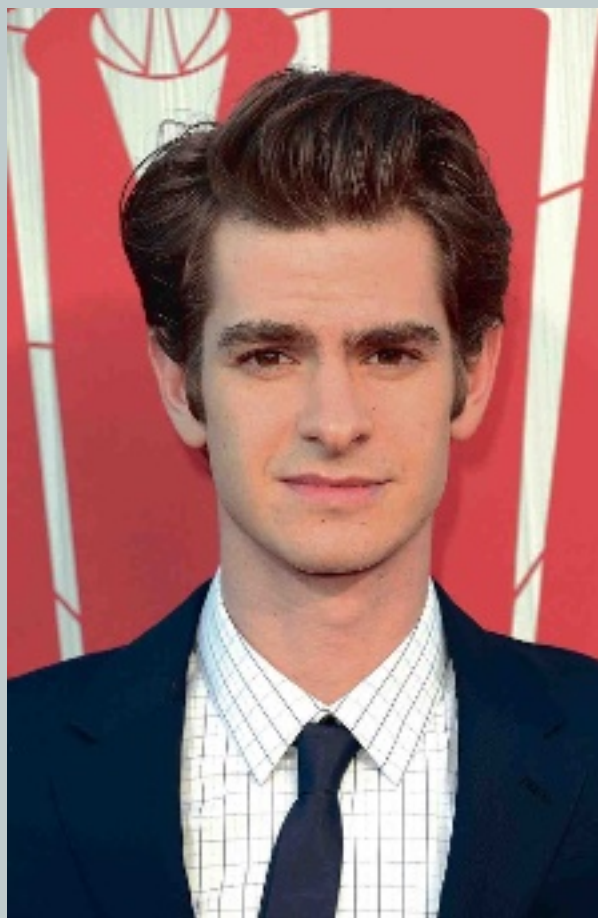


Jennifer Lawrence

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



You've Gotham be kidding—Spidey star kills Batkid honour?

MELINDA TAUB

Metro World News

Did Andrew Garfield refuse to present with Batkid at the Oscars?

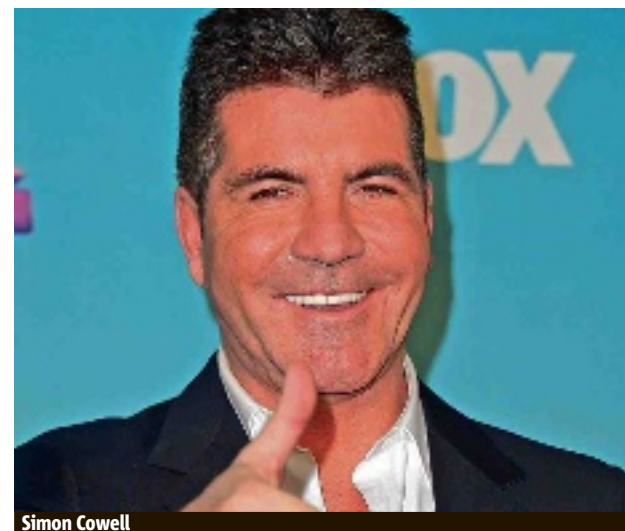
If there is any truth to this rumour, Andrew Garfield may have pole vaulted past Justin Bieber and Shia LaBeouf to take the prize for most unlikable celebrity of the year. Shia just screams at Alec Baldwin, who can probably take it; Andrew, rumour has it, broke the heart of a little boy who survived cancer.

Garfield was scheduled to appear at the Oscars on Sunday with Batkid, the little boy with cancer for whom San Francisco transformed into Gotham for a day. The

Spiderman star was to take part in an official ceremony to name Batkid an official superhero. However, Garfield apparently didn't like his lines and wanted to change them.

"Garfield refused to go by the script. He came up with his own lines. The producers felt that Garfield's (rewrites) were not appropriate. Garfield had a tantrum. He stormed off. Miles and his family, who were at the rehearsal, were devastated," a source told Page Six.

Producers decided to cut the Batkid segment from the show and sent Miles and his family to Disneyland instead — which, for a California kid, may not have been much of a thrill. I really hope Garfield's jerkishness is just a rumor, but even if he was a huge diva, it's not just him — this reflects terribly on everyone involved. Garfield, of course, comes off as a real jerk, but what would possess the Oscar producers to put such pressure on a small child in the first place?



Simon Cowell

Fatherhood brings out Cowell's soother side

While the first baby might have caught Simon Cowell somewhat off-guard, the "X Factor" boss is ready for more now that his son, Eric, has been born. "I was born to be a dad. I wouldn't rule out (more children)," he tells Extra. "I had a brother when I was younger, so I kind of think it's cool to have two or three." And the dynamic of

having a newborn at home with girlfriend Lauren Silverman hasn't been exactly what he was expecting: "Lauren's actually been crying more than Eric, so I've had to put one of those pacifiers in her, which she likes," he jokes. "Has to be fed every three hours, otherwise she gets a little bit grumpy, and Eric's absolutely fine."

Lance's Olsen twin romance subject of tell-all

Lance Armstrong was reportedly advised to ditch Ashley Olsen when the pair briefly dated back in 2007, according to new Armstrong tell-all book *Cycle of Lies*. John Koriath, head of Armstrong's Livestrong Foundation, "warned the 36-year-old father of three that his May-December romance could damage his cancer work," Julie Macur writes in the book. "Whoa, dude, bad idea," Koriath said. "You've got to put a stop to this right now." Armstrong apparently didn't appreciate the relationship advice. "She's 21," he reportedly responded.



Lance Armstrong

"F— you." But the relationship fizzled out after a few months anyway, with Armstrong moving on to Kate Hudson.

Twitter



@Lupita_Nyongo

That moment when you realize your over-zealous brother almost photo-bombed you and Angelina Jolie out of an epic #selfie



@lenadunham

Seeing how @nbcnl gets made is blowing my mind.

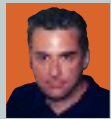


@josswhedon

Hey I just tried an after-dinner espresso and I feel kinda perky also am I the Ghost of Viking Jesus I am shaking shaking sTaRs

Liquid Assets

Wine warms up to soup



LIQUID ASSETS
Peter Rockwell
@therealwineguy
Facebook: therealwineguy
liquidassets@eastlink.ca

Not every culinary creation was designed with wine in mind. Take soup for example.

The perennial meal starter has no one flavour profile. Hundreds of different recipes exist, so anointing a single wine to lord over them all is impossible. Oh, and did I mention

soup is mostly liquid? Wine doesn't play well with like-minded matter. Its idea of a perfect marriage is something solid that it can wrap its fruit, acid and, in the case of a red, tannins around.

That said, some soup styles are more wine friendly than others. Just

look to the fundamentals of their foundation.

Those with texture are accommodating and today's veg-based recipe has weight and stability, which gives it a level of solidity wines find appealing. I like low acid reds with this veggie-palooza.

Try a bright New World

Merlot, a juicy French Beaujolais or a plump New Zealand Pinot Noir like Villa Maria's 2012 Private Bin Pinot Noir (\$19.95 - \$24.99) — a silky blend of cherry and strawberry that checks all the right boxes. **PRICES REFLECT RANGE ACROSS COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

With cold weather still gripping the nation, a steaming bowl of soup is sure to warm you up. Bestselling Australian chef Donna Hay shows us how, with this recipe from her cookbook *Fast, Fresh, Simple*.



Dessert

Baked Whole Lemon Pudding

- 1 thin-skinned lemon
- 1 1/2 cups (330 g) caster (superfine) sugar
- 30 g butter, melted
- 3 egg yolks
- 3/4 cup (180 ml) single (pouring) cream
- 2 tbsp cornflour (cornstarch)

Preheat oven to 160 C (325 F).

Cut the lemon into 8 pieces and remove any seeds.

Place in a food processor with the sugar and process until very smooth.

Add the butter, egg yolks, cream and cornflour and process until smooth.

Pour mixture into 4 greased 1-cup capacity (250 ml) ovenproof pie dishes. Bake for 22-24 minutes or until just set.

Serve warm or cold with vanilla ice-cream. **DONNA HAY, GUSTOTV.COM**



Serves four. DONNA HAY

Easy Vegetable Soup is as simple as chop, boil, simmer



This recipe serves four. DONNA HAY

Lunch. Fig and Gorgonzola Tart

1. Preheat oven to 180 C (350 F).

2. Cut pastry into 2 x 18 cm rounds and place on baking trays lined with non-stick baking paper. Spread each pastry with gorgonzola and top with oregano and figs.

3. Place the honey, oil and pepper in a bowl and mix to combine. Drizzle the tarts with half the honey mixture.

4. Bake for 15 minutes or until

Ingredients

- 2 x 200 g sheets store-bought shortcrust pastry, thawed
- 80 g gorgonzola
- 2 tsp oregano leaves
- 3 figs, quartered
- 1 tbsp honey
- 1 tbsp olive oil
- cracked black pepper
- 50 g watercress sprigs
- 6 slices prosciutto

pastry is golden and crisp.



FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

Nothing warms you up as quickly as a bowl of soup. This one features flavour enhancers such as onion, garlic and lemon thyme leaves as well as veggies and cheese to garnish.

1. Heat a saucepan over medium-high heat.

2. Add the oil, onion, garlic and thyme and cook for 3

minutes or until soft.

3. Add the tomato, stock, carrot, zucchini and parsnip.

4. Cover and bring to the boil. Allow to simmer rapidly for 15 minutes or until the vegetables are tender.

5. To serve, ladle into bowls and top with salt, pepper and Parmesan.

WATCH DONNA HAY FAST, FRESH, SIMPLE THURSDAYS STARTING AT 10 P.M. EST/PT ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.

Ingredients

- 2 teaspoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 2 teaspoons lemon thyme leaves
- 2 cups (500 ml) tomato purée (tomato sauce)
- 2 cups (500 ml) chicken stock
- 1 carrot, peeled and grated
- 1 zucchini (courgette), peeled and grated
- 1 parsnip, peeled and grated
- sea salt and cracked black pepper
- finely grated Parmesan, to serve



This recipe serves two. DONNA HAY

5. To serve, top with watercress and prosciutto and remaining

olive oil and honey mixture. **DONNA HAY, GUSTOTV.COM**

3 LIFE

metro

INTERNATIONAL WOMEN'S DAY

Weekend, March 7-9, 2014



To mark International Women's Day on Saturday, focus on ways you can help guide your daughters along the path to becoming self-assured, resilient women. WARREN GOLDSWAIN/SHUTTERSTOCK



Arlene Dickinson
TORSTAR NEWS SERVICE FILE

Inspiring change

This year's theme of International Women's Day highlights the valuable contributions of women entrepreneurs to the Canadian economy.

Metro asked Arlene Dickinson, one of this country's best known independent marketing communications experts, for inspiration and advice to pass on to the next generation of female entrepreneurs.

- Know who you are and what core values you have that are non-negotiable, and don't be afraid to stand for those values against all public and personal resistance
- Know that there is no one "right way," but there is always a wrong way
- Surround yourself with people who give you good reason to pause and reflect on your opinion, and never be afraid to change your opinion because of what you have learned.
- Always fear people who don't speak the truth.
- If your gut says, "don't do it" then don't do it. It really is that simple. And if it says, "I'm scared but I feel I should try," then give it every ounce of effort you have and go for it.

PAULINE ANDERSON

Building a strong foundation

MICHELLE WILLIAMS
For Metro

Canada's theme for International Women's Day 2014 on Saturday is Strong Women, Strong Canada. So what could be more fitting than to focus on ways we can help guide our daughters along the path to becoming self-assured, resilient women?

Beth Malcolm, director of the Girls' Fund for the Canadian Women's Foundation, shares her advice for building

strong and confident girls.

1 Talk to your daughter. It's important to maintain open dialogue. Discuss movies, music videos, current events, what's going on in her life, and listen to what she has to say. Hear her opinions, raise questions and encourage her to think critically, challenge stereotypes, value other peoples' opinions and form her own.

2 Allow her to take the lead. Give her opportunities to make choices about things like after-school and

family activities to help practise making good, healthy decisions — just be sure to stay close by to keep things safe.

3 Validate her experiences. If she has challenges with friends or teachers, for example, avoid remarks like "it will all be fine tomorrow." Respect how she feels, bring in different perspectives and help her find solutions by talking things through.

4 Help her develop a strong sense of connection to others. Encourage her to join teams and clubs to build so-

cial connections. Being online shouldn't be the primary form of social interaction.

5 Encourage her to take safe risks. You instinctively want to protect, but girls do need to learn to be accountable for decisions and learn from their mistakes.

6 Stay connected to your child's school. There are many ways to be involved even if you can't volunteer in the classroom. Besides a good curriculum, your daughter's school should celebrate diversity, encourage the value

of charity, and create a safe, caring environment.

7 Promote extracurricular activities. From music and art, to sports, public speaking and more, embrace the things your daughter is good at and encourage her to go outside her comfort zone, too.

8 Model self-confidence in your own behaviour. Your daughter shouldn't hear you criticizing things like your appearance or your weight. Value your own accomplishments and lead by example.



Dr. Lucie Beaupré
Diplomate of the American Board
of Venous and Lymphatic Medicine

VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery!
Ultrasound-guided injections treat
large varicose veins.

OTTAWA
1335 Carling Avenue
Suite 600
(613) 722-0101

SPIDER VEINS
Spider veins on your legs
or face? Get rid of them
with simple injections.

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com


DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE





As the world celebrates International Women's Day Saturday, let's salute these strides and support those who continue to challenge the status quo. BIKERIDERLONDON/SHUTTERSTOCK

Saluting trailblazers

KELLY
PUTTER
For Metro

Is it your mom, sister or daughter you evoke when thinking about the great women in your life? Or perhaps you go to international trailblazers such as Hillary Clinton, Malala Yousafzai or Roberta Bondar?

Either way, the fact that you can easily call to mind influential females in all spheres shows how women have progressed in their quest for equality and freedom. As the world celebrates International Women's Day (IWD) Saturday, let's salute these strides and support those who continue to challenge the status quo.

Inspiring change is the theme of this year's IWD's

campaign, which aims to honour women's accomplishments while reminding us that action is still needed to bring about true equality.

"The theme of inspiring change is powerful," said Leigh Naturkach, violence prevention program manager at the Canadian Women's Foundation, which works toward equality for women and girls. "It's meant to inspire us all to reflect on ourselves, our attitudes and our actions and also to reflect on and question long-held and outdated ways of thinking that are harmful."

While we see more women in politics, sports and space than ever, Naturkach said it's a sad reality that women are still not paid on par with their male colleagues and they are under-

represented in boardrooms, the military and government. In some parts of the world, they can't vote or drive and their access to basic human rights such as health care and education is restricted. Women everywhere shoulder the burden of violence.

IWD shines a spotlight on this imbalance.

"What's so hopeful is the progress women have achieved over the last hundred years," Naturkach said. "And there's the more recent explosion of awareness, advocacy and activism. Social media has been a huge galvanizer for the women's movement. It offers barrier-free access to different voices and an amazing opportunity to collaborate on issues affecting women and girls."

CELEBRATING THE ACCOMPLISHMENTS OF WOMEN IN CANADA AND AROUND THE WORLD

Paul Dewar
MP Ottawa Centre

304-1306 Wellington Street W.,
Ottawa, ON, K1Y 3B2
Tel: 613.946.8682 Fax: 613.946.8680
Email: paul.dewar@parl.gc.ca www.pauldewar.ndp.ca

SPA JUNKIE ***
& The Art of STRAIGHT TALK

ARE YOU STILL WAXING DOWN THERE? OUCH!

Sister, you need some sugar!

No, not the high calorie kind, the OMG my life just changed kind

We use a gentle (yes, really) sugaring technique in your important places.

SPA JUNKIE 219 Laurier Avenue West
613-565-4565
spajunkie.ca

f t

CARESS
ELECTROLYSIS
Permanent Hair Removal

Electrolysis
for soft, smooth, hair-free skin

FREE
Consultation & Sample Treatment

Why continue to shave, wax or tweeze when you can have a **permanent** solution?

35 Larkin at Greenbank | 613-825-2299 | CaressElectrolysis.com

Kings of the court

CIS Basketball.

Gee-Gees, Ravens are top seeds in men's national championship

The University of Ottawa Gee-Gees and Carleton Ravens couldn't have scripted it any better.

The two rival schools enter this weekend's CIS men's basketball championship in Ottawa as the top two seeds.

While the Ravens were ranked number one all season, they lost top billing after the University of Ottawa Gee-Gees handed them their first league loss in the Ontario University Association final last weekend.

The Gee-Gees, who were ranked second all season, head to the national championship as the top seed for the first time in the program's history.

The Gee-Gees finished the season with a 34-2 overall record against CIS competition, with both losses coming at the hands of the Ravens. Ottawa heads into the tournament with the top-ranked offence, averaging 96.4 points-per-game.

"We're not going in thinking we're the favourite," said Ottawa coach James Derouin. "I think until Carleton gets beat at the national championships they're still the favourite. We still have to prove we can get to a final."

Ottawa will open the tournament against the number eight ranked Saskatchewan Huskies Friday night.

Friday's quarter-final games

- No. 3 Alberta vs. No. 6 Saint Mary's, 12:30 p.m.
- No. 2 Carleton vs. No. 7 McMaster, 2:30 p.m.
- No. 4 Victoria vs. No. 5 McGill, 5:30 p.m.
- No. 1 Ottawa vs. No. 8 Saskatchewan, 8 p.m.

The Gee-Gees are coming off a bronze-medal finish in last year's tournament with 11 returning players. Meanwhile, not a single member of the Huskies has had the opportunity to play in the Final 8.

While the Gee-Gees may have top billing, the reigning three-time champion Ravens are still considered the team to beat having won nine of the past 11 championship banners.

Carleton will be looking for a record tenth title when it begins play Friday against the seventh-ranked McMaster Marauders. Once again the Ravens will be led by Philip Scrubb — who won his third straight CIS Player of the Year award earlier this week — Thomas Scrubb and veteran Tyson Hinz.

Carleton head coach Dave Smart said coming in as the number one or number two seed is of no importance to him. Smart knows many believe his is the team to beat, but he doesn't allow his players to look further ahead than the first game. **THE CANADIAN PRESS**

Mindful of Marauders

"McMaster is very, very dangerous. They can beat us easily if we don't play well."

Carleton coach Dave Smart on facing No. 7 ranked McMaster in their opening game



Canadian Interuniversity Sport's Most Outstanding Player Award winner, Philip Scrubb, right, will lead the Carleton Ravens into battle at the CIS championships against McMaster on Friday. FRED CHARTRANT/THE CANADIAN PRESS

Glenn wants out of Ottawa

In December, Kevin Glenn was ecstatic about joining the Ottawa Redblacks. Now the veteran quarterback wants the CFL expansion squad to trade him elsewhere.

On Dec. 15, a jubilant Glenn was seen in a family video celebrating after being named a first-round pick by Ottawa in the CFL expansion draft. Following two productive seasons with the Calgary Stampeders, the 13-year veteran was looking forward to leading a first-year franchise and being able to call the Redblacks his team.

However, that sentiment changed Feb. 4 when Ottawa signed veteran Henry Burris to a lucrative multi-year contract and immediately named him its starter. Burris, 38, was the CFL's passing leader the last two years with Hamilton before being released after free-agent quarterback Zach Collaros joined the Tiger-Cats.

"I've asked to be traded and it dates back to when the actual situation happened," Glenn told The Canadian Press on Thursday in his first public comments regarding

his situation with Ottawa. "I really don't want to be part of the situation that is in Ottawa ... I've spoken to (head coach) Rick Campbell and (GM) Marcel Desjardins so they know.

Glenn said he initially asked to be released, but the Redblacks declined.

Ottawa GM Marcel Desjardins said he's working to accommodate Glenn.

Desjardins said if he can't work out a trade, it will be up to Glenn to decide whether to report to the Redblacks.

THE CANADIAN PRESS

NHL

Devils' Kovalchuk penalty reduced

The NHL reduced its penalty against the New Jersey Devils on Thursday for signing Ilya Kovalchuk in 2010.

The Devils will keep the first-round draft pick they were scheduled to forfeit this year, and the league will reduce the \$3 million fine assessed against the team for circumventing the NHL-NHLPA collective bargaining agreement.

The Devils recently applied to the league for reconsideration and relief

from a portion of the original penalty, citing primarily changes in circumstances which, in the club's view, changed the appropriateness of the sanctions. Kovalchuk retired after last season and returned to Russia to play there. **THE ASSOCIATED PRESS**



Ilya Kovalchuk
THE ASSOCIATED PRESS

NON STOP Flights from OTTAWA to Ft. Lauderdale!



You asked. We listened.

Celebrity Cruises Caribbean vacations *It's all included.*

Availability is limited, so book yours now.

**NEW! All Included 7 night Caribbean Cruise
with NON STOP FLIGHTS FROM OTTAWA!
Saturday departures March 1, 8, 15, 22, 29, 2014**

Package includes:

- 7 night Eastern Caribbean Cruise On Board
Celebrity Reflection® in
stateroom category as selected
- **ROUNDTRIP NON-STOP
FLIGHT FROM OTTAWA
TO FT. LAUDERDALE**
- Classic Beverage Package
includes beer, wine, spirits
and more*
- Taxes & Gratuities*
- Complimentary In-flight Meals,
Beverages, Entertainment,
and Headsets
- Round Trip Transfers from
Ft. Lauderdale Airport to
Port of Miami
- Up to 2 Checked Bags
per Traveller*

Interior Stateroom from \$1,749**
Oceanview Stateroom from \$1,849**
Veranda Stateroom from \$1,899**

www.celebritycruises.com/ontario

To reserve, call your travel agent or call 1-888-776-1155



Celebrity **X** Cruises®



* Some activities/restaurants may require an additional fee. Offer is valid for departures between March 1 to 29, 2014 on the Celebrity Reflection®. Classic beverage package for two applies to two guests (21 years and older) per stateroom and includes beers up to \$6 per serving; spirits, cocktails and wine up to \$8 per serving; all soda selections, fresh squeezed and bottled juices, premium coffees and teas and non premium bottled water. Server gratuities are included (amount based on gratuity guidelines). Gratuities applies to two guests per stateroom and provides for prepaid stateroom, waiter, assistant waiter and head waiter gratuities (amounts based on gratuity guidelines). Max. total baggage allowance of 25 kilos (55 lbs.) per person. Additional charges may apply in excess of 25 kilos. Price is in CDN dollars per person based on double occupancy for new individual bookings, subject to availability and change at time of booking and is inclusive of all taxes. ** Prices are based on the lowest minimums available as follows: from \$1,749 interior cat 12 for sailing March 1/8/15/22/29; from \$1,849 oceanview cat 8 for sailing March 15/22/29; from \$1,899 veranda cat 2d for sailing Mar 15/22/29. Other categories/occupancy types and selling dates are available at varying prices. This program is not combinable with any other offers. Certain restrictions apply. Celebrity Cruises reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice. © 2014 Celebrity Cruises, Inc. Ship's Registry: Malta and Ecuador. All Rights Reserved.

Horoscopes

♈ Aries

March 21 - April 20

Don't be afraid to disagree with authority. You respect the fact that they outrank you but you also know that if you do as they say you will regret it. Aries is the first sign of the zodiac so put your needs first.

♉ Taurus

April 21 - May 21

You may be willing to change your plans to help someone out today but don't let them tell you that you are obliged to do so. Let them know this is a one-off situation.

♊ Gemini

May 22 - June 21

You may be annoyed that a loved one failed to consult you before taking a course of action that affects you, but don't let it show. Frankly, there are more important things you should be focusing on.

♋ Cancer

June 22 - July 23

The journey you have started on may be long and hard but you are determined to reach the end, and with Jupiter on your side again there is no doubt you will succeed. Do you believe that? You should.

♌ Leo

July 24 - Aug. 23

The planets urge you not to plan too far ahead because even routine matters are likely to change over the days, weeks and months to come. You also need to be flexible.

♍ Virgo

Aug. 24 - Sept. 23

It's possible to be too generous and at some point today you will realize that your sympathy for someone was misplaced. There is no point getting angry about it, but try not to make the same mistake twice.

♎ Libra

Sept. 24 - Oct. 23

You have a tendency to fear the worst but with Jupiter moving in your favour again you will be visualizing all sorts of wonderful things. Good. What's in your mind's eye today will be reality tomorrow.

♏ Scorpio

Oct. 24 - Nov. 22

Someone you meet over the next few days will inspire you creatively and maybe romantically too. Will this new liaison stand the test of time? There is no way of knowing but it will be fun finding out!

♐ Sagittarius

Nov. 23 - Dec. 21

Someone will offer what sounds like good advice today but the planets warn they are thinking of their interests rather than yours. Listen to your inner voice.

♑ Capricorn

Dec. 22 - Jan. 20

No matter how well you have planned things, there are sure to be hold-ups and disruptions today and over the weekend. Promise yourself that you won't get angry with people who move and think slowly.

♒ Aquarius

Jan. 21 - Feb. 19

You are unsure whether to push ahead with a new plan or to hold back and see how things develop. Hopefully it will be the former. The longer you wait, the more likely it is others will get ahead of you.

♓ Pisces

Feb. 20 - March 20

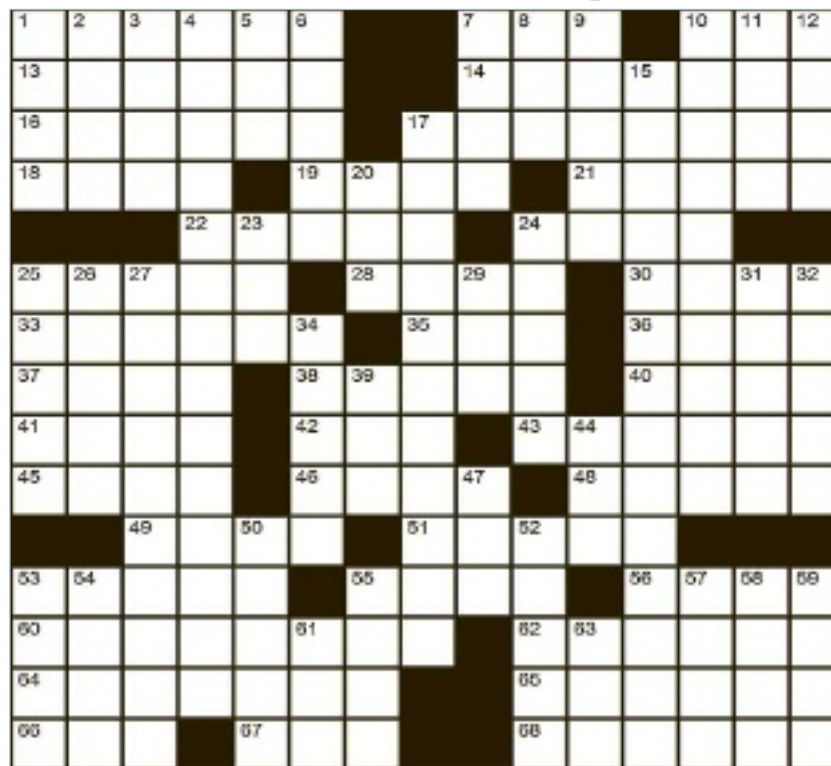
Someone you are fond of has made a silly mistake and feels bad about it. Give them an uplifting pep-talk. It's what they do next that counts.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. British Columbia city
7. US cable channel
10. Li'l music trio
13. City in northern Spain
14. The Wind in the Willows writer, Kenneth
16. Put down floor tiles again, say
17. Fashionable-no-more
18. Towering
19. Ms. Andrews, new "Dancing with the Stars" co-host
21. Tears apart
22. Dietary designation on food packages
24. Baroque painter, Guido (b.1575 - d.1642)
25. Monastery boss
28. Extinct bird of Mauritius
30. Isle of exile for Napoleon
33. Mil. officers
35. Cacharel perfume
36. Unappealing food
37. "Cold Mountain" (2003) heroine, and others
38. Indiana basketball
40. Ms. Pinkett Smith
41. Ms. Campbell
42. Granny, in Germany
43. German actress Diane



45. From the beginning
46. He-sovereign
48. Bird's task, building
49. To laugh: French
51. Of prophets
53. Get the answer
55. Jean Arp's art
56. Zap
60. Plato title charac-

- ter ...a work by the ancient philosopher in which Socrates also features
62. 'The Cold Capitol Project' Hip-Hop artist from Ottawa, F.
64. Vexing
65. Amends-making person
66. Top with jeans

67. NBC show [acronym]
68. Lady's title in Spain

Down

1. Type
2. Iris spot
3. Streamlet
4. TV series, "The ___ of Vancouver"
5. Q. "What's actor

- Mr. Asner's first name?" A. "___ believe."
6. Sing, Alps-style
7. "Son of ___!"
8. "The A-Team" star, ___
9. Inner circle
10. 1931 Emily Carr painting, Zunoqua of the ___

BY KELLY ANN BUCHANAN

11. Captain Hook's sidekick
12. Mr. Beatty's
15. Yukon locale, the 'Gateway to Klane': 2 wds.
17. #10-Down's painting type: 3 wds.
20. Gnarly!
23. ___ & ___ (Telecommunications company)
24. Howard ___ (The Fountainhead architect)
25. Rod Stewart's first wife
26. VP Joe
27. Body of water on Montreal's Mount Royal: 2 wds.
29. Bambi's mother
31. Foretells
32. Isolated
34. Talked
39. Friend ...en francais
44. Actress Aishwarya
47. ___ about (Rove)
50. Additional attempts
52. Spanish appetizers
53. Saliva
54. Elbe tributary
55. Fencing fight
57. Cornerstone word
58. Suffix with 'Game'
59. Vampire Weekend singer Mr. Koenig (Monogram)
61. '70s President (Monogram)
63. Path [abbr.]

See today's answers at metronews.ca/answers.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	5	8	2	9	4	6	7	1
6	2	7	5	1	3	4	8	9
4	9	1	7	6	8	5	2	3
8	7	2	3	4	9	1	8	5
1	3	9	6	2	5	7	8	4
5	4	6	8	7	1	2	3	9
7	1	5	9	8	2	3	4	6
9	8	3	4	5	7	8	1	2
2	8	4	1	3	6	9	5	7

			6				8	5
	2		5				6	
		1			7	9		
8				2	9			
	3	9					4	2
			3	7				8
		2	7			1		
	7				2		4	
3	4				6			

Today

1°/-7°
Mainly sunny

Saturday

1°/-12°
Variable

Know what the weather
will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2014

visit metronews.ca

WOW!
JEANS FOR
\$10?!

HOLY MOLY!

JEANS

\$10

Bluenotes'

spring break starts now!

WHEN YOU BUY YOUR FIRST PAIR
AT \$29.50 OR \$39.50

SELECT STYLES.

RIDEAU CENTRE
613-230-3211

BAYSHORE SHOPPING CENTRE
613-828-2043

ST. LAURENT CENTRE
613-741-2950

bluenotes.ca   

#csisjobs



Canadian
Security
Intelligence
Service

Service
canadien du
renseignement
de sécurité

CSIS. SMART CAREER CHOICE



COME MEET OUR RECRUITERS

March 12, 13 & 14, 2014

Fairmont Château Laurier and Four Points by Sheraton

CSISCAREERS.CA (for times and details)



Government
of Canada

Gouvernement
du Canada

Canada